

La Mariposa Packing List

Daypack

Water bottle

Good trainers /walking shoes

Sandals/flip flops

Beach towel for the beach/Laguna de Apoyo

Mosquito net

Bug repellent

Sunscreen

Ear plugs

Flashlight

Laptop computers welcome – particularly for longer-term stays

Spanish study stuff – an exercise book, pens, dictionary, grammar book if you prefer to use your own

The usual travel items: camera, toiletries , reading materials, playing cards, etc....

Basic medical supplies -anti-diarrhea, antiseptic lotion, antihistamine, band aids, painkillers etc

Clothing to Bring: bring clothes that you are not too worried about, as we have lots of dogs, horses etc

Trousers – note that jeans can be difficult to dry in the wet season and hot in the hot weather! Long trousers are very useful but make sure they are lightweight and easy to wash and dry (such as Columbia, REI, Ex Officio).

Capris

T-shirts/Tanks

Long skirts/shorts Sweater/long-sleeve shirts for cooler nights (especially in the rainy season)

Bathing suit (Beach/Laguna de Apoyo)

Socks

Hat

*Note for females -Wearing revealing tops or shorts (only appropriate at the beach or Laguna de Apoyo) will make you a legitimate target for serious male attention

Rainy season (May-Nov): rain jacket, umbrella. Weather is generally cooler, particularly at night.

Dry Season: (Dec-April): No real need for rain gear! It can be quite hot, so pack lighter clothing.

Donations:

Books – children’s books in Spanish for our educational projects, general reading in Spanish or English for our library (we are always grateful for any dictionaries, Spanish grammar books or flash cards that you are no longer using)

School supplies – everything from markers to notebooks to pencil sharpeners. Everything!

Sporting goods – balls, jump ropes, etc...

Seeds – for our organic farms!

Medical supplies