

MISOGI RETREAT

with Michael Easter

MARCH 13-17, 2023

OSA PENINSULA, COSTA RICA



PACKING LIST

- Passport** (needs to be valid for at least 6 months from the date of RETURN to the USA)
- Rucksack** (25L - 33L recommended)
- Lightweight Pants** (recommend GORUCK Simple or Challenge Pants)
- Lightweight Long Sleeve Shirt** (it will be hot, but you'll want to be covered)
- Additional Clothing** (swimsuit, something for one nice night out)
- Lightweight Rain Jacket**
- Four (4) Pair Wool Socks** (merino wool preferred over cotton)
- Closed Toe Hiking Shoes** (low tops are fine, waterproof shoes are NOT recommended)
- Water Shoes** (that you can swim in, sandals are not recommended unless they attach to your heel)
- Other Footwear** (trainers and a pair of flip flops, primarily for the resort)
- Summer Weight or Flight Gloves**
- Wide Brim Hat**
- Ziploc Bags** (four (4) gallon size + four (4) sandwich size)
- Two (2) Large Dry Bags**
- Water Filter** (recommend LifeStraw or Sawyer)
- Hydration Bladder** (one (1) is mandatory, two (2) are recommended)
- Water Bottle** (that fits in your ruck, but isn't too heavy)
- Oral Rehydration Salts** (or comparable—will also be available on-site)
- Goggles** (for swimming)
- Headlamp & Extra Batteries**
- Bug Spray** (available on-site—locals recommend Avon Skin So Soft)
- Sunscreen**
- Sunglasses**
- Toiletries & Personal Medications**
- External Battery Pack** (for charging devices)
- IFAK** (individual first aid kit)
- Cash for Incidentals** (everyone takes USD so you don't have to change money at the airport, although you will get a better price/exchange rate if you pay in local currency)
- Extra Snacks** (if desired—breakfast, lunch & dinner will be provided)