PACKING

What to pack for Osa

A checklist made for rain, boats and forest. Print it or keep it on your phone.

The five things people forget

1. Cash: Drake Bay, Zancudo and Pavones have few or no ATMs.
2. Shoes that can get wet: boats land on the beach.
3. A dry bag for phone, passport and camera.
4. A headlamp: night walks and power cuts.
5. A light bag: 4.5 kg carry-on on domestic flights.

Clothes

- [ ] Light, quick-dry shirts and shorts (cotton stays wet for days)
- [ ] Light long pants and a long-sleeved shirt for forest, evenings and mosquitoes
- [ ] Swimsuit and a rash guard for snorkeling
- [ ] A light rain jacket or poncho, all year
- [ ] A light fleece only if you visit the mountains (Chirripó, San Gerardo)

Shoes

- [ ] Closed hiking shoes or trail runners that can get wet
- [ ] Sandals with a back strap or water shoes for boat landings and river crossings
- [ ] Ask your lodge: many near Corcovado lend rubber boots

Health and sun

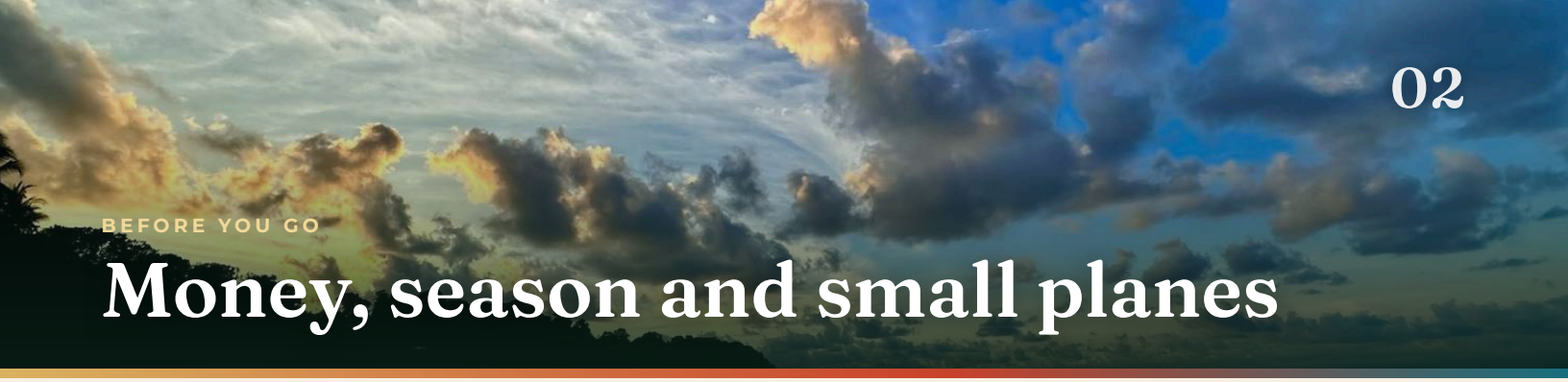
- [ ] Insect repellent (DEET or picaridin)
- [ ] Reef-safe sunscreen, hat and sunglasses
- [ ] Prescriptions, small first-aid kit, motion-sickness tablets
- [ ] Refillable water bottle

Gear

- [ ] Binoculars (8x42 is ideal)
- [ ] Headlamp (red light is a plus)
- [ ] Dry bag and waterproof phone pouch
- [ ] Small daypack with a rain cover
- [ ] Snorkel mask, if you prefer your own (tours lend gear)



A wet landing at Drake Bay: this is why a dry bag and sandals come first.



BEFORE YOU GO

Money, season and small planes

Money, phone and documents

- [ ] Passport valid for your whole stay; proof of onward travel
- [ ] Cash in colones and small US dollar bills
- [ ] eSIM or local SIM (signal is weak in remote areas)
- [ ] Power bank; 120 V, US-style plugs (types A and B)
- [ ] Travel insurance with medical evacuation
- [ ] Offline copies of bookings and maps

Leave at home

- ✖ Heavy jeans and cotton hoodies
- ✖ Big hard suitcases if you will fly or take boats
- ✖ A drone, unless you have the permits
- ✖ Single-use plastic bottles and bags

Packing by season

SEASON	ADD TO THE BAG
Dry season (Dec–Apr)	More sunscreen, a sun shirt, electrolytes for hot hikes
Green season (May–Nov)	A better rain jacket, extra quick-dry socks, zip bags, a small towel
Whale season	Motion-sickness tablets and a camera with zoom

Small planes and luggage

Domestic flights (SANSA) allow a carry-on of up to **4.5 kg** (50 × 30 × 20 cm) plus one personal item. The checked allowance depends on your fare, and extra bags may fly later. Pack in a soft duffel or leave a bag at your hotel in San José.

Quick answers

- **Rubber boots for Corcovado?** Not necessarily. Closed shoes that can get wet work on most trails, and many lodges and guides lend boots. In the rainy season boots are the most comfortable.
- **Drone?** It must be registered, and flying it inside national parks such as Corcovado and Marino Ballena needs a special permit. Leave it at home unless you arranged one.
- **Drinking water?** Tap water is generally safe in towns such as Uvita and Puerto Jiménez; ask your lodge in remote areas. Bring a refillable bottle.
- **Signal:** Wi-Fi in lodges is often slow and mobile signal disappears in Corcovado and on the Golfo Dulce. Install an eSIM before you fly.

Travel light, travel kind. Bring reusable bottles and bags, reef-safe sunscreen and enough cash for local guides and family lodges. Baggage limits: SANSA, October 2026; confirm when you book.

SCAN FOR THE LIVE, UPDATED PAGE

Full list online

Gear picks

When to go

Free Osa Trip Planner