



WHAT TO PACK FOR BIRDWATCHING IN COSTA RICA - CHECKLIST

№	ACTIVITIES	
1	Binoculars: A good pair of binoculars is essential for birdwatching. Look for ones that have a magnification of at least 8x and a large objective lens.	
2	Field guide: A field guide is a must-have for identifying the different bird species you'll encounter. You can either bring a physical guidebook or use an app on your phone.	
3	Camera: You'll want to capture the beautiful bird sightings, so make sure to bring a camera with a zoom lens.	
4	Insect repellent: Mosquitoes and other insects can be a nuisance, so bring some insect repellent to keep them at bay.	
5	Sunscreen: Costa Rica can get quite hot, so protect your skin with a good sunscreen.	
6	Hat: A hat will provide shade and help keep you cool in the hot sun.	
7	Comfortable footwear: You'll be doing a lot of walking, so bring comfortable shoes or hiking boots.	
8	Light jacket or rain poncho: Costa Rica can also get rainy, so bring a light jacket or rain poncho to stay dry.	
9	Water bottle: Staying hydrated is important, so bring a reusable water bottle that you can refill.	
10	Snacks: Bring some snacks to keep your energy up during long walks and hikes	
11	Daypack: You'll need a daypack to carry all your essentials, including your binoculars, field guide, camera, water bottle, and snacks	
12	Birding vest: A birding vest with lots of pockets can be useful for keeping your field guide, binoculars, and other gear easily accessible.	
13	Birding hat: A hat with a brim can help block the sun and provide shade, and some birding hats also have a flap in the back to protect your neck from the sun.	
14	Lightweight clothing: Costa Rica can be humid, so bring lightweight clothing that breathes well and dries quickly.	

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15	Bird calls: Some birders like to use bird calls to attract birds, but be careful not to disturb them or their natural habitats.	
16	First aid kit: It's always a good idea to have a basic first aid kit with you in case of minor injuries or accidents.	
17	Flashlight or headlamp: If you plan to do any birdwatching at dawn or dusk, a flashlight or headlamp can be helpful.	
18	Maps or GPS: If you're exploring on your own, bring a map or GPS device to help navigate the area.	
19	Birding apps: There are several birding apps that can be helpful in identifying birds and tracking your sightings. Some popular options include eBird, Merlin Bird ID, and iBird Pro	
20	Portable charger: If you plan to use your phone or other devices for birding apps or other purposes, bring a portable charger to ensure you don't run out of battery.	
21	Waterproof notebook: Look for a notebook that's designed to be used in wet or humid conditions, such as a Rite in the Rain notebook	
22	Water-resistant pen: Bring a pen that writes in wet conditions, such as a Fisher Space Pen or a Sharpie Extreme.	
23	Field checklist: Consider printing out a birding checklist for Costa Rica or the specific region you'll be visiting, so you can check off the birds you've seen.	
24	Field notes: You may want to jot down notes about the birds you've seen, such as their behavior, habitat, or distinctive features.	