



## Rios Lodge Guest Packing List and Luggage Tips

This is a comprehensive suggested list, not everyone may want or need to bring everything suggested. Note the important tips about the kind of bag to bring for the lodge, extra luggage storage, and climate tips for packing.

### Clothes:

- Light sweater - it can get cool at night at the lodge
- Light rain jacket
- Ballcap or hat (ballcap with visor fits well under a rafting helmet and is helpful for sun protection)
- Sunglasses / Eyeglasses and eyeglasses retainer strap (like Chums or Croakies, very important to make sure you don't lose your prescription eyeglasses or sunglasses in the river!)
- River sandals - must have good treads for navigating slippery rocks, and should be able to tighten the straps across your feet for nice snug fit in the river. Regular sandals do NOT work, and no flipflops on the river. (Good river sandals like Keen, Chaco, Teva also work for hiking and swimming.)
  - Closed toed shoes for night hikes and zipline.
- Lightweight trail shoes for hiking around lodge
- Pair lightweight wool socks (not cotton)
- Swim shorts and top
- Long sleeve sun hoodie or sunshirt
- Undergarments - not cotton!
- Shorts - several pair, not all cotton (consider 3 for a 1N/2D trip - see climate note.)
- Short sleeve tees/tops - several, not all cotton (consider 3 for a 1N/2D trip - see climate note.)
- Skort/skirt/dress



- Lightweight long pants (for cool weather, bugs, and/or ziplining)
- Small camp towel for use AFTER rafting on the last day, as there are showers at the takeout, but no towels there. (You don't need towels at Rios Lodge, they are provided.)

## Techie & Gear

- Camera/gopro, charger, spare batteries, tripod
- External small hard drive if you want to transfer media off your camera/gopro/mobile phone as uploading to the cloud is not possible at the lodge.
- Binoculars
- Smart phone (camera!), battery bank, charger (Note: there is limited wifi at the lodge. Whatsapp access is free. Data packages are available for purchase during your stay.)
- e-Reader or good old fashioned book
- Notebook and pen
- Passport
- Cash- USD or Colones (it is recommended to have some colones for tips, travel stops to/from lodge, etc.)
- Bugspray
- Headlamp
- Refillable water bottle
- Toiletries - bring as little as possible. There is shampoo and shower gel in the lodge rooms, but no conditioner, so bring some if you need it.
- For Rafters: small personal dry bag for sunscreen, extra layer, phone, etc. with a carabiner to clip into the raft
- For Hikers: Small backpack for hiking around the lodge. Might want a backpack cover in case it rains.
- Sunscreen



- Medications, plus extra in case of emergency
- Optional: Hydration electrolyte tablets or powder packs (example Liquid IV, Nuun). Can be useful for really hot days on the river.

### **Costa Rica Eco Lodge Climate Note**

Something to note about staying in an ecolodge in the Costa Rica Rainforest. It will likely rain at some point, and it will be hot and humid. Your clothes will not dry quickly, or even completely over 1 or 2 nights. Plan accordingly and bring spare tops and bottoms so you have clean, dry clothes to change into after a fun day on the river, the trails, or in the trees.

**How to best pack for your remote access eco lodge stay. You can only hike or raft into the lodge! These instructions are for BOTH rafters and hikers.**

1. **Bring a small, soft sided duffel-type bag as your luggage your ecolodge stay.** You can leave any luggage that you do not want to bring to the lodge in the secure rafting center where all rafters and hikers are transported to, to organize their luggage for what goes to the lodge vs stays in storage while they are at the lodge. Example, roller bags/ large suitcases, electronics like laptops, extra clothes for the other parts of your Costa Rica vacation (like a beach trip), can all be stored in your suitcase at the rafting center. Don't bring everything, there isn't room on the raft!
2. At the rafting center, you will get a large dry bag to use for your luggage that is going to the lodge. Note - you will share this very large dry bag with one other guest, so it's much easier if you can pack all your lodge gear and clothes into a nicely contained, small, soft sided duffel bag first. Then you just put that duffel into the big dry bag.
3. The rest of your luggage can stay in your other or main bag, in the rafting center. This stored luggage will be brought to your post-trip gathering location for rafters and hikers. There are changing rooms,



bathrooms, and plenty of tables to repack all your gear back into their original bag(s) for your journey to San Jose or to your next Costa Rica destination.

4. If you are hiking in, your luggage is still transported to and from the lodge on rafts. You will need to carry in only your personal small backpack with day items you want on your hike, like a water bottle, bugspray, rain jacket, hat, sunscreen, camera, etc. Your single soft sided bag with your apparel, etc. will go into a drybag and be transported to and from the lodge on the rafts, with all the other guests' luggage.

### **What Rios Lodge Provides for Guests:**

- Large Umbrellas for Guests
- Blue Towels to use at swimming holes and waterfall pools
- White towels, all sheets, and extra blankets in rooms
- Filtered water
- Electrical outlets in all rooms, and the dining area. USA plugs will work in all the outlets.
- Hammocks at the riverside pavilion
- Yoga mats for use at the riverside pavilion