

What to bring to Santa Lucia

Clothing - suitable for working outdoors. At Santa Lucia, it can be hot and sunny, it can be very wet and it can be cool in the evenings. Down in the valley it is hotter and drier. Please ask for more information about the climate in the months that you are visiting.

- Light-weight trousers (long trousers if you're susceptible to insect bites.) Note that it can be hard to dry jeans in the winter
- Lots of pairs of socks
- Long and short sleeved T-shirts – (dark colors are preferable for birding)
- Light fleece or pullover
- Waterproof jacket or rain poncho

Footwear – rubber boots are very useful especially in winter. If you are not able to bring boots, let us know as you may be able to borrow a pair. Sandals/flipflops or extra socks for inside the lodge.

Other

- Torch or head-lamp and spare batteries, (we ask that you take used batteries back with you)
- Two towels
- Work gloves
- Water bottle – ordinary plastic bottle is fine.
- Small backpack for trips to and from the lodge, plus waterproof cover (in the winter)
- Waterproof cover for your large backpack (in the winter)
- Sun hat
- Insect repellent* - DEET is not necessary (nor environmentally friendly)
- Sun screen*
- Basic personal first aid kit and sufficient supplies of medicines that you need to regularly take
- Biodegradable toiletries to minimize contamination of the forest
- Earplugs for light sleepers (you will be sharing accommodation)
- Books - Santa Lucia has a small collection of books for exchange
- Binoculars (optional) - magnification is not very important, but binoculars that work well in low light and that focus well to under ten feet are key. Basic 7 x 35s are fine.
- Single dollar bills (everything is very inexpensive and it is not possible to purchase things with large bills as stores, taxi drivers, etc do not have change)

* It is difficult to find good quality sunscreen and repellent here, so we recommend that you bring enough for the whole of your stay.