



Recommended items you should not forget while packing for your stay at GAIA Hotel & Reserve:

Clothes:

- 3-5 T-shirts, one or two long sleeved for jungle hikes and to protect you from the sun
- 1-2 dress shirts or blouses for a great dinner
- 3-4 pair of shorts.
- Swimsuit
- 1-2 pair of long pants
- Mesh bag for wet clothes

Footwear:

- Amphibian hikers or river/reef sandals
- Hiking/walking shoes
- Beach sandals/flip-flops
- Dressy sandals or light-weight dress shoes

Books & Maps:

- Map
- Nature guide
- Spanish/English Phrase book

Documents:

- Money belt or passport pendant
- Passport
- Driver's license
- Money, debit/credit card
- Insurance card and contact information

Others:

- A basic first aid kit & any other medication you may take.
- Flashlight
- Binoculars
- Camera

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