



COSTA RICA

KNOW BEFORE YOU GO



TIME ZONE

Costa Rica is on Central Standard Time year round. Daylight Saving Time is not observed.



WiFi

Wifi is available at the hotels but may be slower than what you're accustomed to.



WATER

The National Water Company services Costa Rica and the water is safe to drink, with the exception of a few rural areas. Restaurants, hotels and other facilities with their own water source (usually a well) have their water tested regularly.



CURRENCY

The local currency for Costa Rica is called the colón. While U.S. dollars are generally accepted, ATM machines are readily available in bigger cities and currency can be exchanged at most hotels and airports. Credit cards are commonly accepted.



ELECTRICITY

Costa Rica's electrical system is compatible with that of North America, 110 volts, so you will not need a converter. Three-hole grounded plug-ins are uncommon in some hotels though.



IMMUNIZATIONS

While no immunizations are required, you should consult your medical provider for the most current advice. See Travelers Handbook for more information.



SOUVENIRS

Some of the souvenirs most sought after are the wooden handicrafts such as beautiful boxes, calendars, and fruit bowls. Other nice souvenirs are colorful ox-carts of different sizes (from tiny refrigerator magnets to 6 feet by 6 feet), coffee, coffee liquor, banana paper notebooks, and colorful T-shirts.



PASSPORT & VISA

All American and Canadian citizens must have a passport which is valid for at least 3 months after your return date. No visa is required for stays up to 90 days.



**Thomson Family
Adventures**

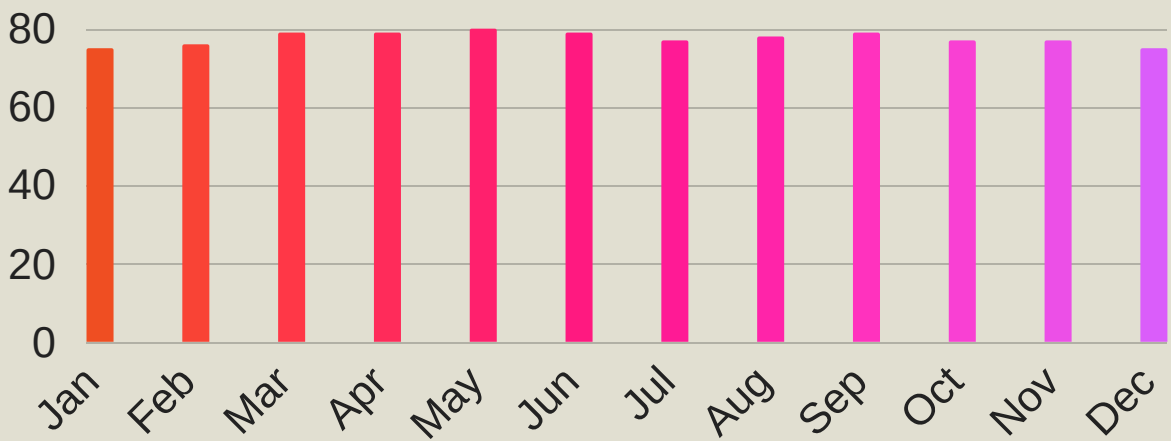
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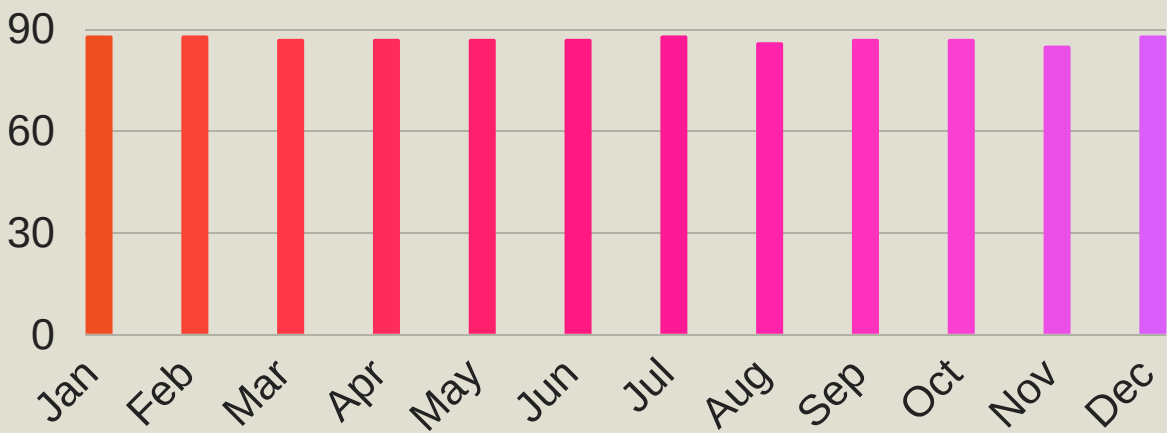
CLIMATE

Costa Rica has two seasons, which in Spanish are known as verano (summer) and invierno (winter). Verano, the dry season, runs from December to April and invierno, the rainy season, runs from May to November.

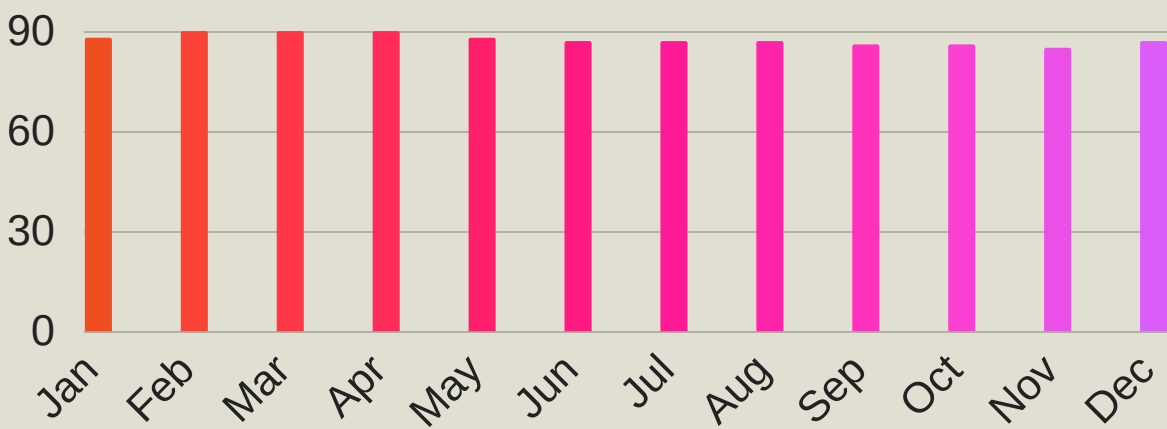
Average High San Jose



Average High Arenal



Average High Guanacaste



Verano (Summer)



6"

Average inches
of rainfall per
month
December - April

Invierno (Winter)



14"

Average inches
of rainfall per
month
May - November

MUST HAVE

Packing Essentials



FOOTWEAR

- Walking boots (broken in) with good ankle support and sturdy soles
- Casual walking shoes or sandals

OUTERWEAR

- Light-weight Fleece Jacket
- Wind & Waterproof Jacket



ACCESSORIES

- Sunglasses & Wide Brimmed Hat
- Water bottle
- Camera
- Waterproof camera (optional)



LUGGAGE

- Daypack/Backpack (waterproof recommended)
- Duffel bag or soft-sided suitcase



APPAREL

- Lightweight Long Pants (convertible are best) or shorts
- Long-Sleeved Shirts
- Quick Dry T-Shirts/Athletic Wear
- Sleepwear
- Undergarments & Socks
- Sports Bras (for athletic activities)
- Swimsuit
- Skirt, dress or nice pants (optional for evenings)



PERSONAL ITEMS

- Sunscreen
- Toiletry kit (shampoo, toothbrush, etc.)
- Insect repellent
- Hand sanitizer
- Tissues
- Medications / First Aid Kit
- Plastic bags, Zip-lock
- Anti-diarrheal (Pepto, Imodium)
- Aspirin, Ibuprofen. etc.
- Chargers (phone, camera)

DON'T FORGET...



REMOVE JEWELRY



Don't bring anything expensive or irreplaceable

TRAVEL DOCUMENTS



Passport
Itinerary
Emergency contact info

CELL PHONE



Turn off roaming
Check for international rates/plans

SPEAK UP



Don't wait until you get home. If you have any problems on the trip regarding accommodations, meals, activities, etc. speak to your guide or contact TFA.

FOOD



If your child is not an adventurous eater, we recommend that you bring some of their favorite snacks from home, such as peanut butter or trail mix.

CASH & CREDIT CARDS



Always contact your bank before traveling.

LANGUAGE

Hi!

Hey!

ENGLISH

Hello
Goodbye
Thank You
What's your name?
My name is...
Nice to meet you
How much is this?

Hola
Adios
Gracias
Cual es tu nombre
Mi nombre is...
Un placer conocerte
Cuánto cuesta este

SPANISH