



Activated Life Experiences



Key Information About Traveling to Costa Rica

2017-2018

Costa Rica is more than a vacation. Is a unique destination with places that will emerge yourself into the best vacation you can have. From majestic volcanoes, misty cloud forests, spectacular rivers, valleys views, and gorgeous hundreds of beaches along the Pacific and Caribbean coasts, that will let you and your family enjoy almost 5% of the worlds biodiversity. There are a few things that are important to know about Costa Rica before visiting. The following Costa Rica travel tips will help you better understand the country.

Contact us to create your custom designed “Best Ever” vacation experience in Nature
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Stay connected

- ✓ If you plan to bring electronic devices (computers, iPhones, iPods, cameras, tablets, Kindles) consider purchasing travel insurance in case of loss or theft. Best to back up your files before leaving home. The electrical system in Costa Rica is 110V, converters are unnecessary.
- ✓ Cell phones do work in Costa Rica but coverage is spotty; you will be able to make international calls from your hotels. Smart phones with international access do work. Remember to turn off your data roaming or you'll have a large bill when you return.
- ✓ Please leave the itinerary with important people back home that may need to reach you. All phone numbers are in the itinerary but must be dialed using 011- 506- in front of the 8-digit telephone numbers. You also have our key office numbers.
- ✓ You will have Internet availability at all your hotels with the exception of Lapa Rios.



The Springs Resort and Spa, Arenal Volcano, Costa Rica

Important Documents to bring with you

- ✓ Ensure all passports are valid and **do not expire** within 3 months of visiting Costa Rica. The airlines will not allow you to board with an invalid passport.
- ✓ Make color copies of all passports and keep these in a place **other** than where you are keeping your passports. AND, when you get through customs, take a photo of your entry stamp. You can use these throughout Costa Rica and keep your passport in a safe place back in your room.
- ✓ If you are renting a car at Costa Rica, be sure you bring your passport, driver's license up to date and credit card for the deposit. If you credit card includes coverage be sure you have the accurate information about it to present to the rental agent.



✓ Travel insurance is recommended; information is available via www.insuremytrip.com. They were featured in a NY Times article: <http://bucks.blogs.nytimes.com/2010/04/20/travel-insurance-and-the-volcano/>

Money

- ✓ Costa Rica's unit of currency is the colon (₡), which hovers between 550 - 570 colones/ \$1 USD. (Currently 560 to the dollar). A 1,000 colones bill is worth about \$2 (\$1.78*) and a 10,000 colones bill is worth about \$20 (\$17.85*). *at the time of writing this document.
- ✓ US dollars are king in Costa Rica and are accepted everywhere. Most stores will offer a discount when paying with dollars. \$10s, \$20s and \$50s are preferred and most stores will not take \$100 bills. You will be able to use your credit card (Visa, Mastercard, Amex) in all hotels and most restaurants. Travelers Checks are a difficult to cash, we advise against bringing them. There are ATMs in San Jose and all the areas of travel except of Lapa Rios.

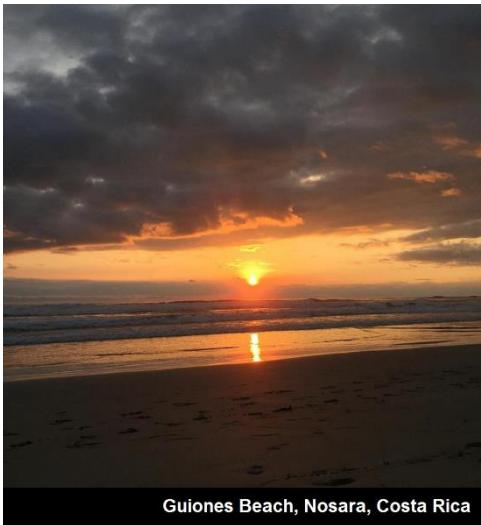
During your stay

- ✓ There are good medical facilities at all the areas on your itinerary. If you require medical assistance, please contact your ALE driver or the appropriate hotel.
- ✓ All of your destinations are manageable with English though we encourage you to practice your Spanish language skills! All of our drivers and guides speak English as well.
- ✓ The water in Costa Rica is safe. There is no need to worry about salads or vegetables. There is bottled water for sale in your hotels and restaurants.
- ✓ Most restaurants and hotels include a 10% service charge on the bill but it helps to ask to verify. Tipping additional is not expected, but common when you received good service.
- ✓ A word about theft – it's just something to be aware of when traveling in Latin America. Do not leave valuables in cars or vans, do not leave items unattended on the beach (you can leave things with ALE drivers). Secure non-essential items in your rooms, and use safe boxes when provided.
- ✓ A word about our weather. Our dry season is Mid-November through April and generally the warmest time of the year, from May through September is our Green Season and a wonderful time to visit Costa Rica. The Green Season is lush and tropical with the occasional afternoon shower and typically glorious sun-drenched mornings. Temperatures are not as high as March and April but still warm.
- ✓ Welcome to the Rain Forest! You may see ants, beetles, spiders and other assorted cool insects year round. Your guides and drivers can tell you everything you want to know about them.



River Rafting, Pacuare Lodge, Costa Rica

Clothing



Guiones Beach, Nosara, Costa Rica

- ✓ Lightweight, comfortable hiking or walking shoes (waterproof is preferable).
- ✓ Water shoes or sandals. Flip-flops are great for the beach.
- ✓ Lightweight, casual clothing appropriate for hiking - light pants, shorts, shirts. Avoid cotton while attempting strenuous activities. Bring along a light raincoat. Quick-Dry clothing is perfect.
- ✓ The dress code in all locations is completely casual; dress jackets and formal apparel are unnecessary. A collared shirt and slacks for men and sun dress for women is as fancy as you need to get. Bring an extra change of clothing on your most active and water related tours. Be sure to include your bathing suit and attire when heading to the coast.
- ✓ Bring a flashlight or headlamp for times when the electricity goes off (Usually only for a few minutes), and night walks as there are no streetlights.
- ✓ Bring sunscreen and insect repellent. These items are available here but are expensive. Please bring along NON-aerosol sprays.
- ✓ Camera equipment and plenty of film /memory cards, batteries and chargers. Also binoculars if you have some.
- ✓ Basic medical kit (Aspirin, Benadryl, Band-Aids, Advil, Imodium, Antiseptics, Anti-Histamines, etc.).
- ✓ We are available 24/7 to assist you with anything you need. Just call the local number we've provided on your itinerary. We have your back!

Enjoy the PURA VIDA of Costa Rica!



Finca Rosa Blanca Coffee Tour, Costa Rica