



COSTA RICA

ROOT
ADVENTURES

Pre-Departure Guide



Please do not hesitate to contact us with any questions. If your flight is delayed or canceled, please call or text us at 720-432-1513.

Destination Profile

Get ready to explore enchanted Costa Rica! Take in the pristine rainforests, tropical beaches, abundant wildlife, and relaxed attitude of this fascinating country.

COMMON PHRASES

Yes.....sí

Nono

Please.....por favor

Thank you.....gracias

Excuse me.....discúlpeme

Beer.....cerveza

Bathroom.....el baño

Water.....agua

LANGUAGE

Spanish is the official language of Costa Rica. All our guides also speak English, but most local residents in town will know very limited English.

CLIMATE

Be prepared for sunshine, rain, cool mountain breezes, and muggy jungle mists depending on

where and when you visit. Rugged topography means that Costa Rica has an amazing biodiversity and a wide variety of microclimates. As you ascend or descend in altitude, or move from one province to another, the weather can change dramatically.

Conditions are pleasantly moderate all year long and are often compared to a never-ending Spring. There is a rainy season or "green" season from May to November. The dry season lasts from December through April. Even during the

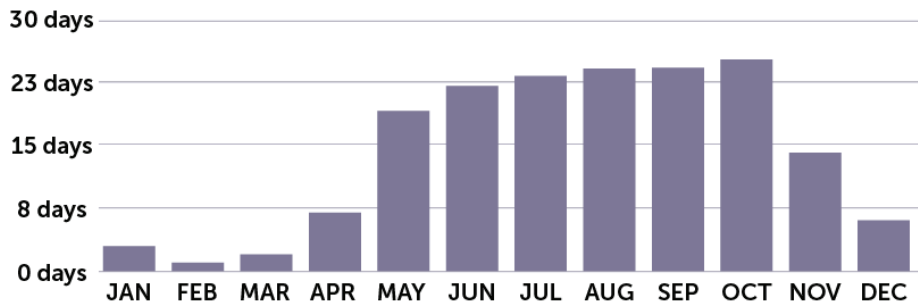


rainy season, mornings are likely to be bright and sunny.

The average temperature is 72° F in the highlands and varies from the high 70's to the low 90's in the lowlands. The coasts are warm all year with highs in the 80's °F, with high humidity making it feel warmer. The mountain lodges and highlands can get chilly after sunset and in areas where clouds shroud the mountain tops. Temperatures can drop as much as 20°F during the night.

We highly recommend referencing a weather website, such as www.Weather.com to view the most current weather forecasts for your destinations.

Average number of rainy days by month





Packing List

CLOTHING

- Comfortable walking shoes or lightweight hiking boots
- All terrain sandals or water shoes
- Lightweight rain jacket
- Lightweight walking pants and/or shorts
- Tee-shirts or similar
- Sun shirts
- Swimsuit
- Fleece jacket (cold at night)
- Pajamas
- Socks and underwear, including hiking socks
- Sun hat
- Casual, but neat, clothing for dining out
- Sunglasses

PERSONAL ITEMS AND GEAR

- Passport (a photocopy kept separately is a good idea)
- Copy of flight itinerary
- Copy of travel insurance info
- Some cash and credit cards (US Dollars or Costa Rican colón)
- Sunscreen and chapstick (coral-friendly if possible)
- Insect repellent (Deet is recommended)
- Toiletries (shampoo, conditioner, deodorant, etc.)
- Prescription medications (kept in original containers)

- Personal first-aid kit, including anti-itch cream for bites and anti-diarrhea medication
- Camera and extra batteries/recharger
- Reusable water bottle (1+ liter)
- Small day pack
- Headlamp/small flashlight

OPTIONAL

- Binoculars
- Travel alarm clock
- Field guides
- Notebook and pen
- Small umbrella
- Paperback book
- Water filter, such as those made by Grayl

WE HIGHLY RECOMMEND THAT YOU HAND-CARRY THE FOLLOWING:

- Passport and Travel Documents
- Prescription medicine
- Money
- Valuables
- Camera
- A change of clothing
- Mini toiletry kit



Health & Safety

Root Adventures prioritizes your safety by only working with partners who operate to the highest standards of safety and closely monitoring current events in our destinations. Still, we recommend you referencing the U.S. State Department and the Center for Disease Control websites for relevant travel advisories. You are responsible for obtaining appropriate vaccinations for the destination and practicing general safe hygiene and travel techniques.

Our destinations in Costa Rica are safe, but just as you would when visiting any large city or foreign country, here are a few general reminders to ensure a wonderful vacation:

- Leave your valuables at home. Same thing with unnecessary electronics. Plus, your pack will be lighter!
- Scan your passport and travel documents and email them to yourself. If your passport or documents are lost or stolen, you can easily access a copy.
- Minimize your wallet, only take the cards you need and limit the cash on hand.
- Tap water is generally safe in Costa Rica, though filtered/bottled water is a safer option in remote areas and port cities.
- Finally, don't forget to use sunscreen and bug spray!

EMERGENCY CONTACTS

ROOT ADVENTURES: 720-432-1513 (text or call 24/7) or email info@rootadventures.com

GUIDES & TRANSPORT: +506-2296-7757 (local) or 1-866-271-6263 (US)

US EMBASSY IN SAN JOSE, COSTA RICA:
+506-2519-2000 (local)

TRAVEL HEALTH NOTICES

Visit [CDC.GOV/TRAVEL](https://www.cdc.gov/travel)

TRAVEL ADVISORIES

Visit [STATE.GOV/TRAVEL](https://www.state.gov/travel)

Money Matters

The currency of Costa Rica is the colón (CRC). Current exchange rates can be found at x-rates.com. US Dollars are widely accepted throughout Costa Rica, and many, but not all, locations accept credit cards, primarily Visa and MasterCard. Most major towns will have an ATM that accepts US cards that our guides can direct you to. You may exchange your US dollars at a money exchange house, a bank, or your hotel, but we do not recommend changing money on the street. We recommend notifying your credit card company of your foreign travels prior to departure and carrying multiple forms of payment with you.

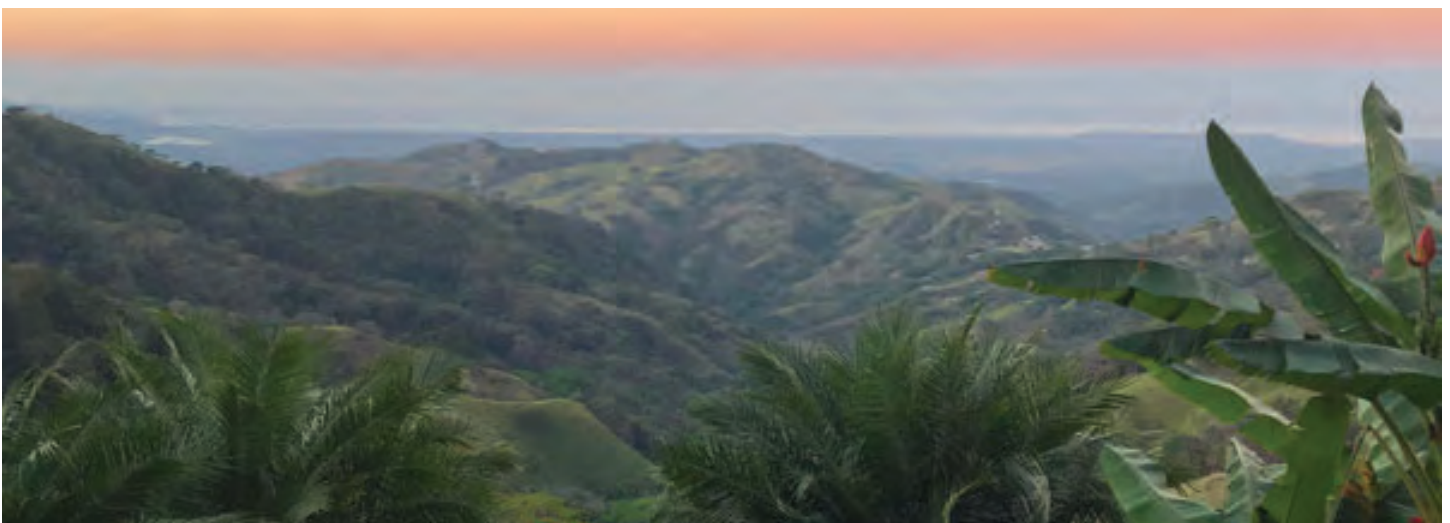
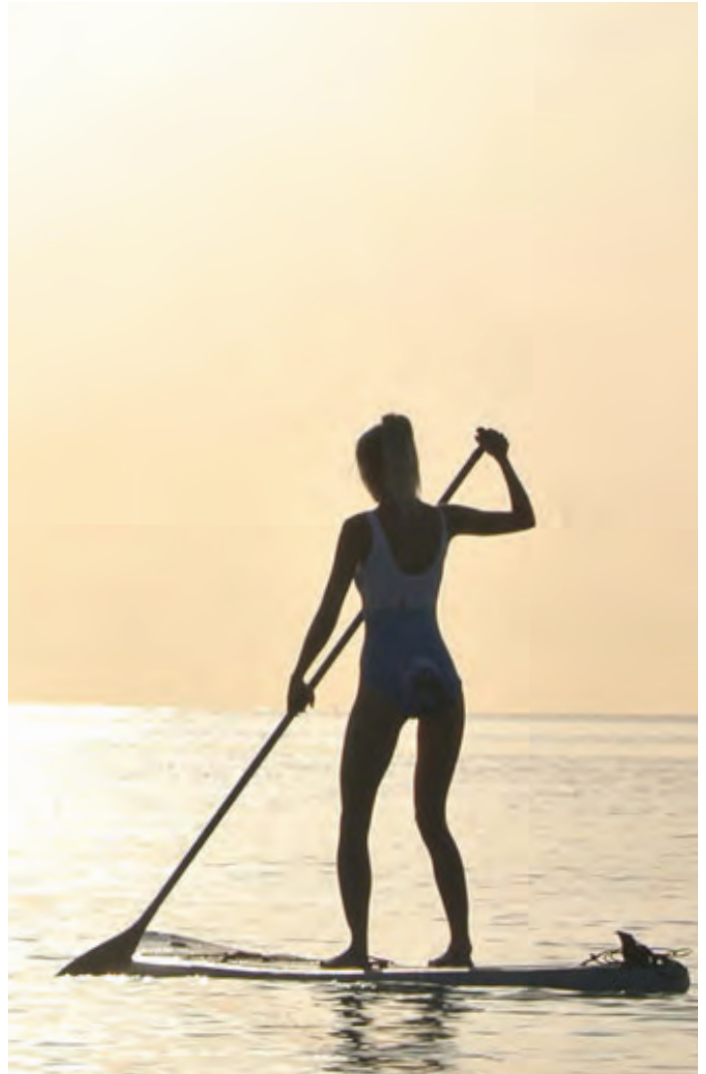
People often ask us about tipping on our trips so here are a few guidelines:

- Hotel housekeeping staff: US\$2 per day per room
- Guides & Drivers: Guides are often tipped anywhere from US\$8-15 per day per person depending on the group size. Drivers and transfer guides are often tipped US\$3-5 per day per person
- Restaurants are required to add 10% gratuity to the bill, but you may add an additional 5% for exceptional service

Entry Requirements

All United States citizens and permanent residents visiting Costa Rica must have a valid US passport and/or permanent residency card to enter the country, either of which must be valid at least 6 months after your arrival in the country. Prior to arrival in San Jose or Liberia, the airline will give you two forms: one for immigration and one for customs.

After gathering your luggage and passing through immigration you will be met by a member of the National Chamber of Tourism (CANATUR) who will give you a sticker that will facilitate you clearing customs. As you exit the terminal meet a transport representative for your transfer to your retreat destination.



Responsible Travel



Root Adventures only works with responsible service providers who prioritize sustainable travel practices. Still, there are steps you can take while on your trip to help preserve the destination for locals and future visitors:

Minimize your usage of single use plastics, such as plastic water bottles or utensils. The water is safe to drink in most destinations, and we recommend bringing a small water filter for those other times, such as a Grayl Water Filter.

Respect the local environment. Do not litter. Don't pick wild flowers or plants. Preserve local resources. Remember to turn off lights and air conditioning when not needed. Try not to waste water, and use biodegradable soaps, bug repellent and sunscreen.

Respect local culture and traditions. Be aware and sensitive to cultural differences in language, custom and dress. Ask permission before taking someone's picture.

Learn a few words of the local language and be open to learning about the local culture throughout the trip.

Help ensure your money stays in the local community. Try local brands for food and drink. Buy hand-crafted goods produced by local artisans.

Protect national treasures. Never buy authentic archeological artifacts or souvenirs made from endangered plants or animals, such as turtle shell, coral, and non-plantation precious wood.

Avoid feeding, touching or harassing wild animals at all times. Contact with animals puts them at risk and can cause undue stress.

When hiking, stay on the trail at all times. This helps lessen your impact on the forest and keeps you from getting lost.

Recommended Reading & Viewing



FIELD GUIDES:

Field Guide to the Wildlife of Costa Rica, Carrol L Henderson

The Birds of Costa Rica, Richard Garrigues & Robert Dean

Tropical Plants of Costa Rica, Willow Zuchowski

The Natural History of Costa Rican Mammals, Mark Waimwright

OTHER:

A Neotropical Companion, John C Kricher

Nature's Paradise, Douglas Goddell & Marco Saborio

Life Above the Jungle Floor, D Perry

Costa Rica: The Ecotravellers' Wildlife Guide, Les Beletsky
Costa Rican Natural History, Daniel Janzen

The History of Costa Rica, Ivan Molina and Steven Palmer

Walking with Wolf, Kay Chornook and Wolf Guindon

Costa Rica, A Traveler's Literary Companion, Barbara Ras

The Quetzal and the Macaw: The Story of Costa Rica's
National Parks, David Wallace