

## Costa Rica Short-term Trip Travel Tips and Packing List

### Fast Facts

**Currency:** Costa Rican Colon (1 USD = 561.34 CRC), note: this rate changes daily.

**Electrical:** 110v, no need for a converter, may need an adapter for 3 prong plugs.

**Languages Spoken:** Official language is Spanish.

**Time Zone:** Central Standard Time, UTC-6 (1 hour behind of EST, 2 hours behind during daylight savings mid-March – early November)

**Weather/Climate:** Highs in the 80s, lows in the upper 60s – 70s.

- But be prepared for a variety of conditions. Layering is suggested in case it is warmer or cooler than expected.

**Lodging:** You will be staying in hotels. Bedding and towels are provided.

**Meals:** All meals are included in the cost of your trip and will be held at the hotel or local restaurants. Chicken, rice and beans is a typical meal.

**Water:** Only use bottled water for drinking and brushing your teeth. Bottled water will be provided so be sure to bring a refillable water bottle.

**Spending Money:** Your basic expenses will be covered; however, you may want personal cash for snacks, souvenirs, or love offerings. \$100-200 is recommended.

**Currency Exchange:** The best location to exchange money is at the airport upon arriving in Costa Rica, unless your team leader has made other arrangements.

**Shopping:** There will be an opportunity to shop for souvenirs towards the end of the trip.

### What to Wear

Our desire is to make sure we dress in a way that will not offend our hosts. Please dress conservatively and modestly. A flashy wardrobe can be a stumbling block to our friends who may have far fewer material goods. We ask that there be no tank tops, nothing tight-fitting or low-cut, no clothing that contains innuendos/political messages/profanity, and nothing with rips/holes.

- **Air Travel:** Dress casually and comfortably. No leggings or clothing with rips or holes.
- **Community / Work Projects:** Dress casually and comfortably, such as light-weight pants, long shorts, capris and t-shirts. Bring an extra outfit to change into after you've cleaned up at the day's end.
- **Church Service:** Men should wear pants or long shorts and a collared shirt. Women should wear a long skirt (below the knee, covers the knees when seated) and nicer shirt/blouse.

## **Packing**

- Keep your passport with you, do not pack in checked baggage.
- Carry-ons: One suitcase that fits in overhead compartment, and one personal item that fits under seat in front of you.
  - Be sure to follow airlines size and weight guidelines.
  - It is also recommended to have a change of clothes in your carry-on in case your luggage is delayed.
- Reminder: You can only take small bottles (max 3oz. size) of liquids in your carry-on bags. Please put these in one clear Ziploc bag not to exceed the 1-quart size.
- Checked Bags: Plan to bring 2 large suitcases.
  - Be sure to follow airlines size and weight guidelines.
  - 1 suitcase will be for team supplies, 1 will be for your personal items.
- Be sure to include identification on and inside each piece of luggage.
- Be sure to weigh and measure your bags before travel day.

## **Other Travel Tips**

- Watch your luggage, passport, and belongings at all times. Pickpockets and petty thefts are common within airports and tourist areas.
- Leave your valuables at home. Don't bring anything that you can't afford to lose, or anything that reinforces the idea of being a rich American.
- If you are bringing a credit card, remember to notify your credit card company that you will be traveling.

## Travel Items

- ☐ Passport
- ☐ Insurance card
- ☐ Backpack, passport pack
- ☐ \$100-\$200 (personal spending)
- ☐ Credit card
- ☐ Flight schedule, emergency contacts
- ☐ Travel toilet paper, Kleenex
- ☐ Plane neck pillow
- ☐ Personal snacks, gum

## Linens

- ☐ Bath towel, wash cloth
- ☐ Bag for laundry

## Clothing

### *Women:*

- ☐ 2-3 pants, capris, long shorts
- ☐ Tees, shirts (1/day)
- ☐ Extras to change into at end of day
- ☐ Long skirt (below the knee, church)
- ☐ Nicer shirt/blouse (church)
- ☐ Swimsuit (modest, one piece or tankini, mid-section must be covered)

### *Men:*

- ☐ 2-3 pants, long shorts
- ☐ Tees, shirts (1/day)
- ☐ Extras to change into at end of day
- ☐ Long pants, collared shirt (church)
- ☐ Swim shorts (modest, long)

### *All:*

- ☐ Long pants
- ☐ Long sleeve shirt
- ☐ Light jacket, sweater, hoodie
- ☐ Sleepwear
- ☐ Underwear, socks
- ☐ Bandana/Hat (sport or wide brimmed)
- ☐ Sandals with heel straps (comfortable for walking)
- ☐ Sneakers, closed toe shoes (work, ministry, hiking, canopy days)
- ☐ Flip flops, shower shoes
- ☐ Outfit for plane home

## Other Items

- ☐ Toiletries: soap, shampoo, shaving, feminine prods, etc.
- ☐ Glasses, contacts, solution, strap for glasses
- ☐ Sleep aids: meds, earplugs, mask, etc.
- ☐ Personal meds/prescriptions (pack in carry-on)
- ☐ Cipro – Rx
- ☐ Motion Sickness meds/patches
- ☐ Hand Sanitizer, Wipes
- ☐ Sunscreen, Sunglasses, Chapstick
- ☐ Bug repellent, repel wipes (containing DEET)
- ☐ Reusable water bottle
- ☐ Headlamp, flashlight, batteries
- ☐ Alarm clock (Battery)
- ☐ Rain Gear: jacket, umbrella, poncho (dollar store)
- ☐ Bible
- ☐ Notebook, notepad, journal
- ☐ Devotion for day scheduled
- ☐ Pens, pencils
- ☐ Life token
- ☐ Playing cards, games
- ☐ Headphones
- ☐ Camera, Batteries
- ☐ Phone, charger, cord, portable charger
- ☐ Plug adapter for 3 prong plugs
- ☐ Family photos
- ☐ Ministry supplies as designated by team