

ESSENTIAL INFORMATION

COSTA RICA

PASSPORT AND VISA INFORMATION

Your passport needs to be valid for at least six (6) months after your journey and should have a minimum of two (2) blank visa pages for entry and exit stamps.

Holders of U.S. and Canadian passports are not required to obtain a tourist visa for entry into Costa Rica for stays of up to 90 days.

Our partner VisaCentral offers easy, efficient U.S. passport and visa processing. Visit them online at visacentral.com/abercrombiekent or call 844 823 1224 and reference A&K's account number 73001. Service fees apply.

Citizens of other countries should contact the appropriate consular office for entry requirements pertaining to their journey.

VACCINATIONS

A yellow fever vaccination is only required to enter Costa Rica if you are arriving from or have transited through a yellow fever endemic area in South America or Africa. The CDC and WHO each provide a current list of all affected countries. If vaccination for yellow fever is necessary, you must carry an International Certificate of Vaccination provided by your physician; you may be denied entry without it.

If your physician advises against receiving the vaccination because of your personal medical history, he or she can provide you with the necessary documentation for the country/countries you are visiting.

CASH & CREDIT CARDS

U.S. dollars are accepted as payment in most restaurants and shops and are accepted for gratuities. You may find it difficult to exchange US\$100 bills in banks. Carry banknotes in smaller denominations, such as US\$20 bills, which are more commonly accepted for payment of your purchases.

Major credit cards are generally accepted in larger shops, hotels and restaurants. Cash is more useful in rural and remote areas where you may encounter difficulty paying with credit cards. ATM access is widespread in San José and most banks have 24-hour ATMs which accept a variety of cards. Although ATMs can be found in many smaller cities and towns sometimes they don't work, so it's best to make ATM transactions before you leave San José.

OF SPECIAL NOTE

Costa Rica Departure Tax: Travellers leaving Costa Rica by air are required to pay a departure tax (sometimes called an exit tax). Currently the tax is US\$29.00 per person and may be paid in U.S. dollars, colones or by a Visa credit card (the only credit card accepted for payment). Please check your international airline ticket as the departure tax may be included in the cost of ticket. If the departure tax for Costa Rica was not included, it must be paid at the airport before you check in at the airline counter for your flight. Fees and payment policy subject to change.

Costa Rica Family Small Group Journeys: This journey includes a Zipline Adventure within the natural surroundings of the 1,200 acre Rain Forest Aerial Tram Park. The tour consists of 7 zip lines, between 262 and 459 feet long, with 6 platforms in between stretches which provide a 360-degree view of the surrounding forest and takes you flying across the magnificent Molinete River three times. Maximum weight allowance is 250 pounds per guest in order to participate in the zipline activity. The operator of the zipline activity will require all participants to sign a waiver

locally. Minimum child age is six (6) and up. All children must use a full body harness for safety reasons. The body harness must fit properly and guides on site determine whether a child is eligible to zipline. Children under six (6) years of age may be allowed to participate if they are large enough for safety equipment to properly fit their body and are accompanied by an adult. Children will zipline with a guide, not the parent. The adult/parent begins by riding first, followed by the child and the guide. If you prefer not to zipline or are unable to participate due to weight or child age restrictions, there is the option of taking an aerial tram tour (available at the same site as the zipline) in lieu of the ziplining activity. The alternate tram option activity takes you on a 90-minute excursion through the rainforest canopy and the hanging gardens of plants and animals hidden at the tops of tall tropical trees. There is no additional cost to take the aerial tram instead of the zipline activity; however, you must advise A&K in advance as reservations are required. Should you choose ziplining, get onto the platform and then decide that you do not want to do this – there is an evacuation plan by the supplier to get you off the zipline (without having to zipline down). However, it cannot be guaranteed that the alternate tram ride will be available without a reservation.

PACKING LIST & BAGGAGE RESTRICTIONS

COSTA RICA

BAGGAGE RESTRICTIONS

Baggage restrictions: No more than 40 pounds per person of luggage (including purses and cameras) is allowed on boat trips and charter flights within Costa Rica. You may choose to pack a second bag to meet the baggage restrictions for these segments of your journey. Any excess luggage will be stored and returned to you once you have completed these portions of your journey.

Please use the provided A&K luggage tags, even if your bags already have ID tags. This makes it easier for A&K staff to find and manage your luggage for you.

PACKING LIST

Choose casual clothing in natural, lightweight fabrics. Shorts, tee shirts and similar clothing will be appropriate for many activities on a Costa Rican itinerary. Slacks and long-sleeved shirts protect against sunburn, though jeans are not recommended as they take a long time to dry. Temperatures will change as altitudes and time of day change, so it's best to bring shorts as well as long trousers, and clothing you can layer. Smart casual attire is appropriate for evenings. Formal clothing is not necessary.

Clothing

- Casual slacks
- Walking shorts
- Polo shirts, casual short-sleeve shirts or blouses
- Long sleeve shirts or blouses
- Lightweight raincoat or poncho
- Personal garments
- Comfortable walking shoes with low or no heels
- River sandals such as Tevas®
- Waterproof, lightweight, well-broken in hiking boots for trekking activities (if applicable)
- Swimwear/cover-up
- Sleepwear
- Socks

Other Recommended Items

- Sunglasses
- Sun block and lip balm
- Simple first-aid kit
- Prescriptions and medications (in their original bottles and/or packaging)
- Mosquito repellent
- Extra eyeglasses/contact lenses
- Smartphone
- Charging cables for electronics
- Global travel adapter

Optional Items

- Small LED flashlight
- Lightweight binoculars
- Items for travelling with children: books, crayons, markers, journal, scrapbook, favorite snacks, stuffed toy, small pillow or blanket
- Foldable walking stick
- Small waterproof daypack

Laundry service is available at most hotels and dry cleaning is available in larger cities. Check costs and return times before using these services.

TIPPING GUIDELINES COSTA RICA

While decisions regarding tipping rest entirely with you, we suggest the following gratuities (noted in U.S. dollars) depending on the type of journey:

	All Small Group Journeys and Pre/Post Tour Extensions	Tailor Made Journeys
Resident Tour Director or Group Extension Guide	\$15 per person, per day	Not applicable
Local Guides	Included	\$15 per person, per day (full day)
Local Naturalist Guides	included	\$15 per person, per day (full day)
Drivers	Included	\$10 per person, per day (full day)
Airport Transfer Drivers	Included	\$5 per person, per transfer
Hotel Porters	Included	\$2 per bag
Housekeepers	Included	\$2 per person, per night
Included Meals	Included	Included
Restaurants or Room Service on Own	10-15% unless already added	10-15% unless already added

For extra nights or Tailor Made services added to a Small Group Journey, please follow the Tailor Made Journeys guidelines for these days only.