



COSTA RICA

Travel Guide





**WELCOME TO THE
TROPICS!**

Costa Rica

Get ready for a
once-in-a-lifetime
adventure and soccer
challenge with your
team!



Travel Documents & Entry Requirements

Passport: A passport is required to travel to Costa Rica. The passport must be valid for a minimum of one day from the day you enter Costa Rica (for US and Canadian citizens)

Visas: Not required for U.S. or Canadian citizens. All others can check about requirement here: www.costarica-embassy.org

Emergency Copies of Documents:

We recommend you carry a photocopy of the photo page of your passport and credit cards. Store copies separately from the originals.

What Awaits You

City



Rainforest



Beach



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Vaccines & Health

Vaccines: No vaccines are required to enter Costa Rica. The CDC recommends that travelers be up to date on their routine vaccinations. You can check with the CDC to see if any additional vaccines are recommended at the time of travel.

Traveling with medications: Pack medication in your carry-on bag to avoid loss and have them handy. Bring copies of your prescriptions in case you need to replace medicines.

Allergies: If you have any serious allergies or dietary restrictions please notify us at least 30 days prior to your departure.

Health Insurance

Check with your current medical insurance provider to see if you will be covered in the event of an illness or an accident while traveling in Costa Rica. If it does not cover you, we recommend purchasing travel medical insurance.

Health care providers in Costa Rica will charge any fees at the time of service. Patients will then save any medical receipts and submit them for reimbursement through their insurance upon returning home. The medical facilities require a credit card before attending to a patient. It is important that trip leaders/coaches have in their possession a credit card that could be used for any medical fees in case the participant in need of medical care does not have one.

Medical Facilities

There are high quality medical facilities, clinics, pharmacies, and private hospitals about a 20-minute drive from the locations where you will be staying in San Jose. If you stay in the rainforest or the beach they are about 30-45 minutes away for the hotels in that area.

Two of the major hospitals in San Jose are:

www.hospitalcima.com

www.clinicabiblica.com

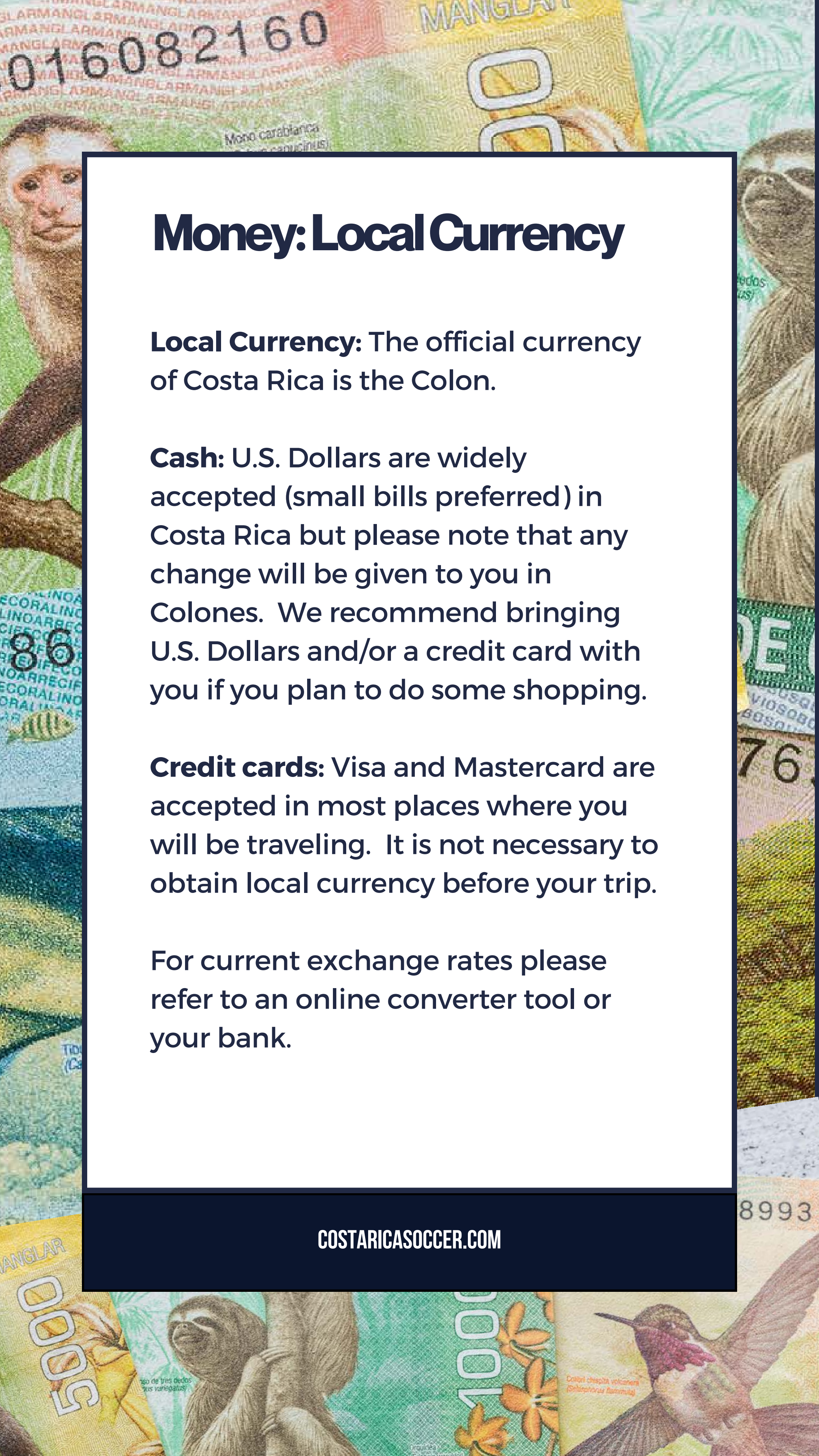
Water

Tap water is safe to drink in Costa Rica. We recommend bringing a reusable water bottle with you. We will have water and ice available at every training, match, and meal so you can stay hydrated throughout your stay in Costa Rica.

Tip: Pack an empty bottle in your carry-on and you can refill it once you are through security.



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The background of the entire page is a collage of Costa Rican banknotes and wildlife. On the left, a 10,000 Colón note features a howler monkey. On the right, a 500 Colón note features a sloth. At the bottom, a 5000 Colón note features a sloth, a 1000 Colón note features an orchid, and a 1000 Colón note features a hummingbird. The text "MANGLAN" is visible on the top right, and "Orquídea" is visible on the bottom center.

Money: Local Currency

Local Currency: The official currency of Costa Rica is the Colon.

Cash: U.S. Dollars are widely accepted (small bills preferred) in Costa Rica but please note that any change will be given to you in Colones. We recommend bringing U.S. Dollars and/or a credit card with you if you plan to do some shopping.

Credit cards: Visa and Mastercard are accepted in most places where you will be traveling. It is not necessary to obtain local currency before your trip.

For current exchange rates please refer to an online converter tool or your bank.

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Money: Tipping Guidelines

You are not expected to leave a tip for any of your meals. The only tips not included in the tour package are the ones for the tour manager and bus driver. Tipping is optional but below is a guideline.

Tour Manager: \$2-3 per person for each day of the tour

Bus Driver: \$1-2 per person for each day of the tour

Communicating with Home from Costa Rica

Cell Phones: If you want to use your cell phone on the trip, check with your phone provider to see about cost and service in Costa Rica.

Internet: Free Wi-Fi is available at all of the hotels where you will be staying in but the signal may be weak at times or only accessible in certain areas such as the main lobby.

Tip: You can use a calling app that utilizes the internet such as Facetime or Whatsapp to call home using Wi-Fi instead of using your mobile phone service.

Electricity: Electricity in Costa Rica is the same as in the U.S., 110-120 volts. You will not need an adapter.

Packing: Luggage

Weight restrictions: Be aware that most airlines have weight restrictions for luggage. The most common standard is 50 lbs for checked luggage. There may also be size restrictions.

Sometimes your luggage is included in the price of your airline ticket and sometimes it is charged separately. Check with your airline.

For your carry-on we recommend a small backpack that can be used on your flight as well as for your daily excursions and to carry your water bottle.

Packing: Clothing Suggestions

Bring layers: Costa Rica has mostly warm temperatures during the day in the areas you will be visiting but at night it can cool down so bring clothes that allow you to add layers if you are chilly.

Quick-dry fabrics: This clothing is great for the humid environment in Costa Rica because it will dry more quickly when wet.

Footwear: You'll be on your feet, walking, training, and playing a lot so bring comfortable shoes that will work for all of your activities.

Dress Codes: You may dress comfortably and casually as you do in the U.S. and Canada.

Suggested Packing List

Training gear

- 2 game jerseys
- 2 pairs of game shorts
- 2 pairs of socks
- 2 pairs of practice shorts
- 2 practice t-shirts
- 1 pair of soccer shoes

Personal gear

- 5 Shirts
- Pants or jeans
- 2 pair walking shorts: cut long for modesty
- Shoes & socks: walking shoes, shoes that can get dirty and wet, sandals.
- Light cotton sweater
- Light rain jacket with hood
- Wide-brim sun hat or baseball hat
- Underwear and sleepwear
- Swimsuit
- Sunglasses

Suggested Packing List

Toiletries & Other

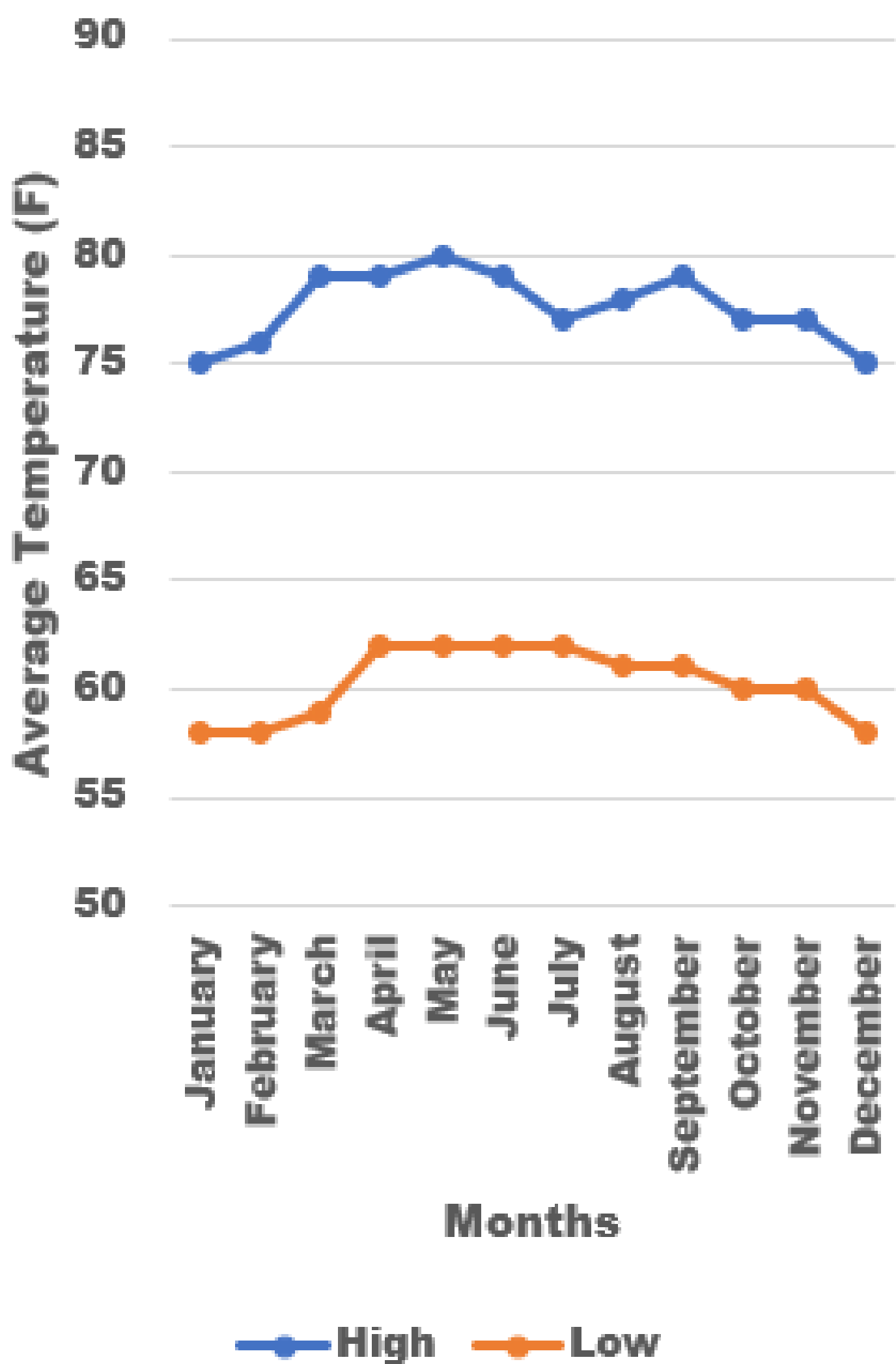
- Toothbrush/toothpaste
- Shampoo/conditioner
- Deodorant
- Hairbrush
- Chapstick
- Sunscreen
- Bug spray
- Extra contact lenses/glasses
- Medications (carry them with you on the plane and keep in original container for as customs official may check the contents of the container to confirm it matches the label.
- Antibacterial hand sanitizer
- Reusable water bottle
- Travel first aid kit: band-aids, headache relief, something for an upset stomach. Moleskin foot pads, antibiotic cream, or allergy medicine

Laundry

Laundry: Your tour package includes laundry service for shirts, shorts, and socks after each match and training session.

Match gear: We recommend that you bring at least two uniforms because sometimes depending upon the location of the game there may not be enough time to get the laundry back from the first match before the second match.

Average Temperatures in San Jose, Costa Rica (°F)



How to Reach Us



WWW.COSTARICASOCCER.COM



+1 954-372-0010



+1 619- 609-7471



INFO@COSTARICASOCCER.COM

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