

*Travel Tips*

## COSTA RICA ADVENTURE EXPERIENCE.

### ENTRY REQUIREMENTS

Please check your own country's international travel advice as well as airline regulations before travel.

UK guests, please refer to the official advice here: <https://www.gov.uk/foreign-travel-advice/costa-rica>

### PASSPORTS

Your passport must be valid for at least 6 months beyond your period of stay. It is recommended to have at least 1 blank page. Please ensure the "Emergency Next of Kin" section in your passport is completed.

### VISAS

Tourist visas are not required for stays of up to 90 days for citizens of the UK, US, Canada, Australia, and most EU countries. However, you must:

- Show proof of onward or return travel
- Have sufficient funds for your stay

All other nationalities should consult their nearest Costa Rican consulate prior to travel. It is your responsibility to ensure you have the correct travel documentation before departure.

### TRAVEL INSURANCE

All guests must have valid travel insurance, including health and cancellation coverage. Please carry your insurer's emergency phone number and your policy number with you at all times.

### MEDICAL CONDITIONS & PERSONAL MEDICATION

Please inform us of any medical conditions or special requirements. Bring all necessary medication in original packaging, along with a copy of your prescription and doctor's contact details.

### TRAVELLING WITH CPAP OR OTHER MEDICAL DEVICES

If you use CPAP or similar equipment, notify The Big Journey Company at time of booking. If distilled water is required, we'll do our best to assist, though it may incur additional charges.

### LUGGAGE

#### What to Pack and Wear:

Costa Rica's climate is tropical and varies by region. You'll experience heat, humidity, and possible rain.

#### We recommend packing:

- Lightweight, quick-drying clothing
- Long sleeves and trousers for jungle areas and mosquito protection
- A light waterproof jacket
- Comfortable walking shoes/hiking boots
- Swimwear, sun hat, sunglasses, and sunscreen
- Insect repellent (DEET-based)
- Binoculars and a camera with charger and spare batteries
- Smart-casual attire for dinners

### LANGUAGE

The official language is Spanish. English is widely spoken in tourist areas, hotels, and by guides.

### WEATHER

Costa Rica has two main seasons:

- Dry season (Dec–Apr): Sunny and warm

- Green season (May–Nov): Frequent rain showers, especially in the afternoon

Temperatures are generally:

- Lowlands/coast: 25–32°C (77–90°F)
- Highlands/San José: 15–26°C (59–79°F)

### **ELECTRICITY**

Voltage in Costa Rica is 120V with a frequency of 60Hz. Plug types A and B are used (same as the US). Visitors from the UK or Europe will need a plug adapter and voltage converter.

### **MOBILES & INTERNET COMMUNICATION**

Mobile networks are reliable in cities and towns, but coverage can be limited in remote areas. Wi-Fi is available at most hotels. Check roaming rates with your provider before travel.

### **MONEY**

#### **Currency:**

The official currency is the Costa Rican Colón (CRC). US dollars are widely accepted in tourist areas.

#### **Credit Cards:**

Accepted in most hotels, restaurants, and shops. ATMs are widely available.

#### **Gratuities:**

We offer an optional group tipping package. More details will be shared in your pre-tour emails.

### **WATER**

Tap water is safe to drink in most parts of Costa Rica, but bottled water is recommended, especially in rural areas.

### **SAFETY & SECURITY**

Costa Rica is generally safe, but petty theft can occur, especially in busy or touristy areas. Always keep your belongings secure and avoid displaying valuables.

### **RELIGION**

Costa Rica is predominantly Roman Catholic. Respect for religious traditions and modest attire is appreciated, particularly in rural and sacred areas.

### **PHOTOGRAPHY**

Costa Rica's stunning landscapes and abundant wildlife make for fantastic photography. Don't forget your camera, charger, and extra memory cards. Binoculars are recommended for nature viewing.

### **ARRIVAL IN COSTA RICA**

Hotel check-in is usually from 3pm. If you arrive earlier, we'll do our best to arrange early access, but this cannot be guaranteed. Your bags can be stored securely until your room is ready.

### **Questions?**

Contact us at: [info@thebigjourneycompany.com](mailto:info@thebigjourneycompany.com)

Disclaimer: The above information is provided as a guideline only. The Big Journey Company assumes no responsibility for changes or omissions.

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