

Tips to visit Costa Rica

On behalf of Jurassic Trial, we would like to let you know important information to make your trip to Costa Rica an unforgettable one!

- **Make sure that your passport is valid.**
- **In most cases, you need a valid passport and an exit ticket (this could be the return ticket on your flight or an ongoing ticket to another country.**
- **Do I need a visa? As of May 2013, citizens of the United States, Canada and many other countries do not need visas to enter Costa Rica. Citizens of countries other than the United States, Canada and the European Economic Community should check with the nearest Costa Rican Embassy or Consulate, or even easier...<http://www.costaricaembassy.org/?q=node/51>**
- **If your country is one of those with a visa requirement, then you will need to go about getting your visa in advance.**
<http://www.migracion.go.cr/Documentos%20compartidos/Circulares%20y%20Directrices/General%20Guidelines%20for%20Entry%20Visas%20for%20Non-Resident%20Persons.pdf>
- **Should I purchase travel insurance? We suggest you do purchase trip cancellation and travel protection insurance. Given that this insurance is easily available and relatively inexpensive we don't give refunds for last minute cancellation.**
<https://www.travelexinsurance.com/>
- **The health care system in Costa Rica is very good, both private and public. Although, basic vaccines for hepatitis A and B are recommended, as well as rabies and tetanus, before making the trip.**
- **The government of Costa Rica requires the yellow fever vaccine certificate when traveling from countries in Africa (Angola, Benin, Burkina Faso, Cameroon, Democratic Republic of the Congo, Gabon, Gambia, Guinea, Liberia, Nigeria, Sierra Leone, Sudan), Venezuela, Colombia, Peru, Ecuador, Brazil and the Republic of Guyana. The vaccine must be administered at least 10 days before the start date of your trip.**
- **This requirement must also be taken into consideration if you are traveling to one of the countries where yellow fever is present before arriving in Costa Rica without it. The safest way to avoid complications if you are travelling to any of the countries on the list above is to get the vaccination and the proof of vaccination from your doctor before leaving home.**
- **The same requirements apply for entry to many other countries including the US.**
- **Water: The U.S Center for Disease Control recommends that people traveling to all developing nations get vaccinated for Hepatitis A and Typhoid. As of June 2015, there are no outbreaks of Hepatitis A or Typhoid in Costa Rica. There are a few cases, as these are diseases that can occur anywhere, including the US. Still, typhoid is a typical concern for people traveling to the developing world.**
- **The way either of these diseases spread is by contaminated needles and contaminated food or water. Below are some thoughts on how to approach food and water in Costa Rica.**
- **Water In terms of public health Costa Rica is more developed than most other countries in Latin America, and in the majority of places you can drink from the tap without any concerns. This will be true for your hotel in San Jose, and any of the more mountainous regions you may visit, such as Monteverde, Arenal or the Savegre area, where the water is not only safe but, in many cases, exceptionally pure.**
- **If you're in a lowland area or down on the coast, you should be more wary. Ask if the hotel has filtered water and if not, stick to bottled. This is especially true on the Caribbean coast, which is generally less developed.**

- We wouldn't say you can drink the water anywhere; be careful in the lowlands and never ever drink water from rivers, streams or waterfalls.
- What we are saying is that in most locations the tap water is clean, and if you follow the geographical guidelines above you won't have to worry. And if you're unconvinced, bottled water is cheap and available, and our staff will be happy to procure it for you.
- Food: we know that travelers can be wary of eating locally prepared foods, especially where salads and regional produce are concerned. We think this is very good practice, but we're happy to say that in Costa Rica it does not need to be as high a concern. Costa Ricans have high cultural standards for hygiene, and luckily for the visitor these standards carry over into the preparation of food.
- So, if you're in a restaurant or local market and curious to try that vegetable you've never seen before but also worried about getting sick, we recommend the following ground rule: keeping up the same judgment you apply in your own country, if it looks good go for it!
- Even if standards of hygiene in Costa Rica are comparable to those in the developed world, mild digestive upsets can often happen when you travel to a new place. If this happens it is generally best to let it run its course. Eat very little; avoid dairy products and rich, spicy, and fried foods. Drink a lot—carbonated drinks are best. If you don't have a remedy with you and you want one, ask us. If diarrhea or vomiting last for more than 24 hours then let us know, as we have doctors on call.
- Cell phone: An unlocked cell phone will work in Costa Rica. But remember to call your wireless provider before you go to add global roaming capabilities to your plan. You can also buy a SIM prepaid card and use your unlocked cell phone in Costa Rica. Find SIM cards at the Kolbi (the national telecommunications company) booth at the airport, or in any telephone company store around, such as Claro and Movistar. A local line is not required to dial 9-1-1 just in case of emergency.
- We want you to have an incredible time exploring Costa Rica safely:
 - Always take care of all your belongings and valuables, even when traveling by bus.
 - Carry your backpack in front of you.
 - Avoid unsolicited help from strangers.
 - Avoid walking in isolated places and places without lighting.
 - Check your map and mobile phone in secure areas.

3 days