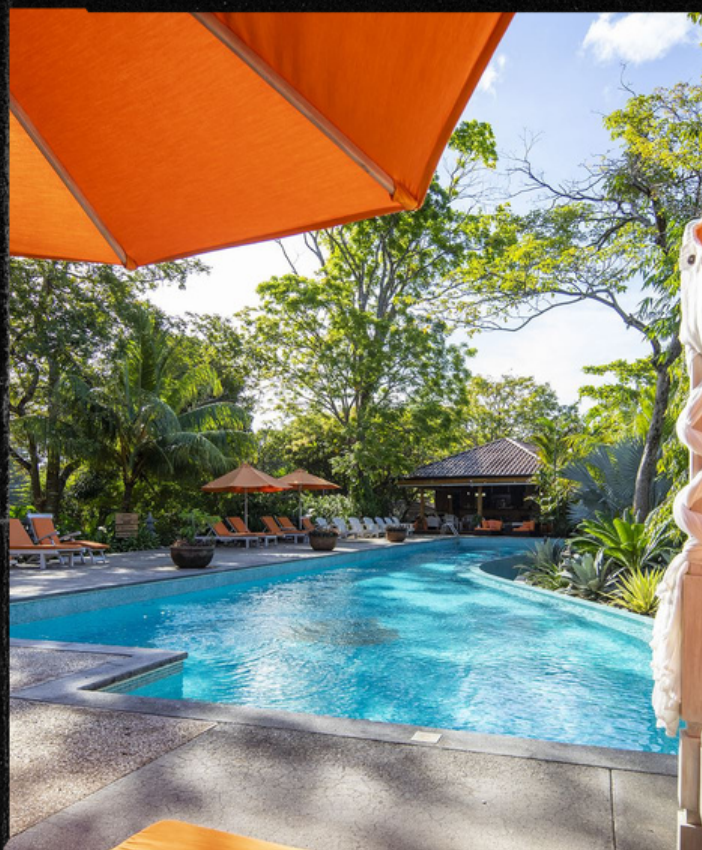




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CANVA STORIES



TRAVELING TO COSTA RICA



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Arrival & Departure

Costa Rica is open to travelers!

The Government of Costa Rica does not require tourists entering by air, land or sea to present a negative COVID-19 test, nor quarantine upon arrival.

The only requirement is that an online *Health Pass* be completed within 72 hours of traveling. Link to complete [**HERE**](#). *You will be reminded*

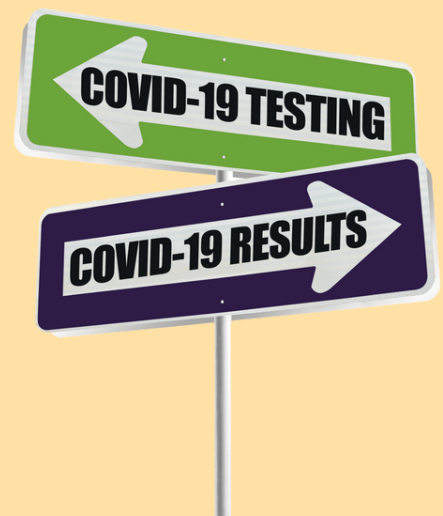
COVID-19 requirements to enter back into the US are still in place.

All passengers, including citizens and residents, must present:

- Electronic or printed proof of a negative viral COVID-19 test (PCR or antigen) performed no more than 3 days before your flight departs.
- If you have had a positive test in the past 3 months, you may travel instead with documentation of your positive viral test results and a letter from your healthcare provider or a public health official that states you have been cleared for travel. The positive test result and letter together are referred to as documentation of recovery.

We will be arranging COVID tests for everyone within 48 hours of leaving Saturday, June 4th (the last day of the retreat).

The estimated cost for the Antigen Test in Costa Rica is between \$59 - \$99
Please bring cash for this & we will keep you updated if anything changes.





Packing Tips



Typical June Weather:

Humid & Sunny

Light Rains in the Afternoon

Daily Highs range from 74-81

Daily Lows range from 62-67

Casual Wear

- Sunglasses & Hats
- Swimwear
- Sandals and/or water shoes
- Shorts and short-sleeve shirts/blouses + summer wear. Think beach casual - comfortable, breezy and sunshine-friendly!
- Light jacket for occasional rains & winds
- Swim coverups
- A beach bag or backpack

Evenings

- Light jacket or sweater for windy nights
- Dinner outfits - think beach "dressy," such as linen shorts/pants/blouses/sundresses. Sandals & Flip Flops

Activewear

- Workout clothes for daily yoga and beach workouts
- Trainers + socks for workouts and hikes

Other

- Book/Journal for your free time
- Any Medications you may need
- Bug Spray
- Sunscreen
- Water Bottle for Daily Use
- Headphones
- Travel Snacks
- Money for alcoholic beverages or extras such as souvenirs





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ABOUT OUR RESORT



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About our Resort

- Wifi is available in all areas of the resort and is free.
- There is an outdoor swimming pool, sundeck, restaurant, juice bar, fitness center, shalas for yoga and more!
- Each room has a shared bathroom with one other room
- Standard US electrical outlets (110 volt / 60 hertz)
- Each room has a laptop-sized safe



Transportation will be provided & arranged to and from the Liberia Airport (LIR) and the Resort.

The resort is approximately 2 hours from the airport. Relax & enjoy the scenic view along the ride.



Other Travel Notes

- Passport must not be expiring until 6 months after date of travel (*expires on date after Dec 5, 2022)
- Notify your credit card company ahead of time to let them know you will be traveling.
- Call your phone service providers for international plans if needed- but we will have wifi.
- Tipping at the resort is not required, but always appreciated.
- Currency: US Dollars, VISA & Mastercard are widely accepted. You are not required to exchange your money.
- Drink bottled water. The resort filters the ice.
- Itineraries will be sent out in May closer to time of the trip!

