

# COSTA RICA

THE REWILD WAY



**REWILD**  
SAFARIS<sup>SM</sup>



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# Hola! (oh-lah)

It's simply the friendliest way to say hello in Spanish, Costa Rica's primary language.

We are excited and grateful you have entrusted us to guide and support you on your journey. This guidebook contains essential instructions for your upcoming adventure. Refer to it for everything from passport and visa details to tipping etiquette, as well as important health, safety, and conservation information.

At Rewild Safaris, our "what" is providing sustainable luxury for travelers and continuing our growth as a leader in conservation-centered premium travel. Our "why" is to inspire traveler commitment to wildlife protection, preservation, and the rehabilitation of the wild.

We hope to help "rewild" your soul and spirit through life-changing escapes from an overdeveloped world, creating profound connections to the wild and inspiring support for vital conservation efforts.

By joining us on this adventure, you are helping to protect Costa Rica's incredible wildlife and support sustainable tourism. Together, we can ensure these wild spaces thrive for generations to come. So let the rewilding begin!



**Tom LaRock**  
PRESIDENT AND FOUNDER




**James Ward**  
CHIEF EXPLORATIONS OFFICER





# DESTINATION COSTA RICA



## NO MÁS RUTINA, HELLO PURA VIDA.

Step into the lush, untamed beauty of Costa Rica, where the rainforest hums with life and adventure. Get a bird's eye view of the Monteverde Cloud Forest from one of its vertiginous hanging bridges, watch humpback whales breach on the seaward shores of the Osa Peninsula, or trek to the very edge of the awe-inspiring, still-active Arenal Volcano. In Costa Rica, you'll drift to sleep lulled by the rhythmic symphony of crickets—and have howler monkeys provide your morning wake-up call.



# Costa Rica Wild Facts



## TIME ZONE

Costa Rica operates on Central Standard Time (CST) which is GMT -6. The country stays on the same time all year—there's no Daylight-Saving Time to worry about.



## LANGUAGES

Spanish is the official language, although English is commonly spoken in most tourism destinations. You might also hear Indigenous languages like Bribri, Cabécar, Maleku and Guaymí. Some phrases to practice in Español: **Pura Vida** (Pure Life, the unofficial national motto); **Gracias** (Thank you); **Por favor** (Please); **Buenos días** (Good morning); **Adiós** (Goodbye)



## CLIMATE

**Dry season/Summer (December-April):** Ideal for visiting national parks and exploring volcanoes. **Green season/Winter (May-November):** Lush landscapes, fewer crowds, and prime turtle nesting and hatching. **Note:** Costa Rica has the longest humpback whale watching season in the world: Southern Hemisphere whales, July-October; Northern Hemisphere whales, December-March.



## GEOGRAPHY

Nestled between the Pacific Ocean and the Caribbean Sea, Costa Rica is known for its stunning contrasts: from white, coral, and black-sand beaches and dense jungles and rainforests to over 200 volcanoes and thunderous waterfalls. The country is home to 5% of the world's biodiversity, despite covering only 0.03% of the Earth's landmass.



## CURRENCY

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

Credit cards are accepted in Costa Rica, although Visa and MasterCard are accepted more widely. ATMs are available in most locations. Always have cash on hand to use in more remote areas.



## FINDS

Just a few suggestions:

- Costa Rican coffee:** world-famous for its rich flavor and high-altitude cultivation
- Chorreador:** a traditional wooden coffee maker
- Handmade wooden crafts** such as intricate masks and carving
- Guaro Cacique:** the national sugarcane liquor



Travel is just as much a journey inward as it is a journey out.

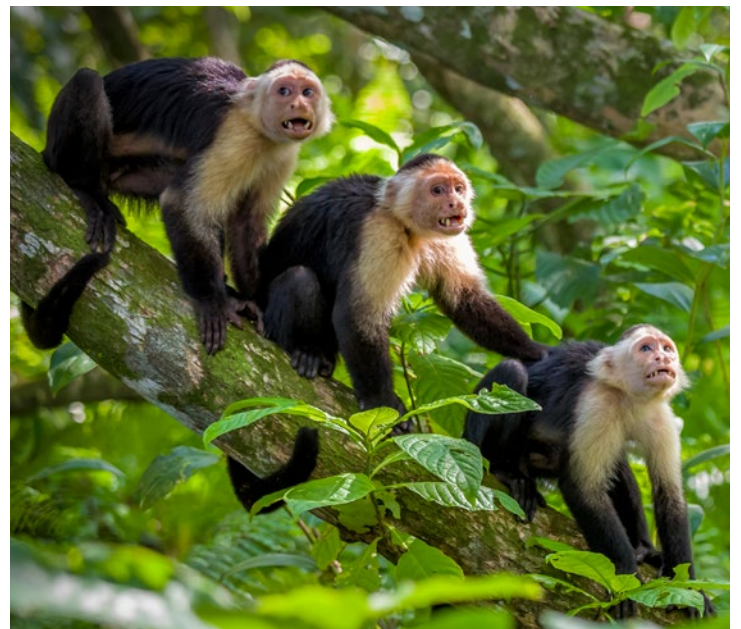
As we soar the skies and sail the waters and crack the virgin soils  
of the earth, we too delve into our own caverns, peek around the  
— Yousef Alqamoussi, *Chapter One: Costa Rica*  
corners of our dreams, tremble before our fire-breathing terrors,  
axe to splinters our biases and judgments and beliefs, and  
discover the uncharted wonders of our psyches and our hearts.





# Wildlife & Safari Highlights

Costa Rica is a sanctuary for biodiversity, home to over 500,000 species, including sloths, jaguars, tapirs, scarlet macaws, toucans, and white-faced capuchins. Here, you might spot the elusive Resplendent Quetzal in the mist-covered landscapes of the Monteverde Cloud Forest Reserve, watch sea turtles nesting in Tortuguero, or see a three-toed sloth hanging lazily at Manuel Antonio National Park. You're in Costa Rica—Pura Vida for nature enthusiasts.







# Conservation: Literally, A Way of Life

Costa Rica is a global leader in conservation, dedicating over 25% of its landmass to preservation. It boasts 31 national parks, 34 wildlife refuges, 15 biological and forest reserves, and 11 wetlands. It also safeguards over 15% of its marine territory in 10 designated marine parks and other protected areas. With 60% of the country now covered by rainforests (having rebounded from 40%), Costa Rica is the first tropical country in the world to have actually reversed deforestation. Here, ecotourism is almost a national obsession—and vital to the economy.

5%

of the world's  
biodiversity

31

National Parks

34

Wildlife Refuges







# Getting the Shots

James Ward, our Chief Explorations Officer, is also a professional wildlife and conservation photographer. Here are a few tips he'd like you to consider.

**The Early Bird Catches the Shot:** Wildlife is generally more active when it's early (or at dusk) and rests under the midday sun.

**Exposure:** Use spot metering to expose for the animal in the shade, not the bright background, and consider underexposing slightly to retain detail and avoid blown highlights.

**Position yourself** to minimize harsh backlighting or use a wide aperture and longer lens to blur bright spots into pleasing bokeh.

**Equipment matters:** a long lens can help you get close to a wild target without disturbing it; a tripod can keep the camera steady for a sharp, clear shot.

**Protect your equipment** from humidity and rain with silica packets and dry bags.

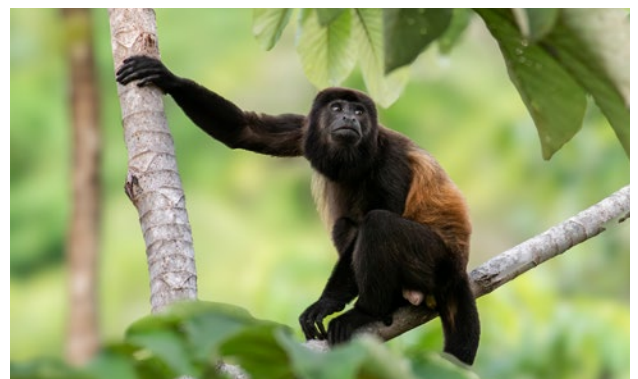
**Silence the camera:** Always use your equipment's silent mode. And make sure you also stay as quiet as possible.

**Avoid using flash** on animals.

**Don't miss the background:** Yes, the animal can take your breath away, but make sure you capture the setting as well. The wild in the wild is why you traveled all this way.

**When shooting people,** always ask for permission ahead of time and do not photograph military personnel.

**Stay safe:** Always follow your guide's directions.







# Local Flavors

Costa Rica's culinary traditions offer a vibrant fusion of indigenous flavors, fresh tropical ingredients, and influences from Spanish, African, and Caribbean cuisines. While seasonal availability can influence local menus, here are some of the dishes you might savor while exploring the country:

**Gallo Pinto:** A classic breakfast dish made of rice and beans, often served with eggs, plantains, or cheese

**Casado:** A hearty plate with rice, beans, plantains, salad, and a choice of meat like chicken, pork, or fish

**Ceviche:** Fresh fish or seafood marinated in citrus juices and mixed with onions, cilantro, and peppers



**Tamales:** Corn dough filled with meat, vegetables, and spices, wrapped in a banana leaf and steamed to perfection

**Empanadas:** Fried or baked pastry pockets filled with a variety of ingredients such as beans, cheese, or meat

## ***When not to be adventurous:***

- Avoid uncooked food from street vendors or roadside stands
- Stick to peeled or washed fruits and vegetables
- Drink bottled or purified water in remote areas

**If you have any dietary restrictions, make sure to include them on your safari registration**



# PRE-FLIGHT CHECKLIST





# Entry Requirements

- A valid, signed passport
- Passport valid for the length of your stay
- At least one blank page in passport
- Passport name matches your booking exactly
- Yellow fever vaccination certificate if you have traveled through a country where the disease is endemic
- Proof of Tourist Travel: Travelers may be asked to present their itinerary and/or to demonstrate sufficient funds for their stay

**Share with us:** provide Rewild Safaris with a copy of your passport during your safari registration or, send via encrypted link:

<https://rewildsafaris.com/passport-upload/>



## PASSPORT TIPS



- ✓ Carry your passport securely and keep it with you at all times.
- ✓ Expedited Services: Use professional passport services if you need a fast renewal.
- ✓ Carry color photocopies of your passport's photo page at all times.
- ✓ Lost Passport? Report it immediately to the nearest embassy or consulate. Your photocopy can speed up replacement.

# Booking Flights

Please book and purchase your international flights to and from the airports listed for the beginning and end of your safari itinerary. Once you arrive in Costa Rica, we'll handle all local travel.

**IMPORTANT:** Send us a copy of your flight confirmation as soon as you book it so our Costa Rica Team can coordinate a seamless safari. Email to: [support@rewildsafaris.com](mailto:support@rewildsafaris.com)

# Visas

US, Canadian, UK and EU passport holders do not need a visa for stays of less than 90 or 180 days for tourism purposes, depending on the country of citizenship.

## FLIGHT TIPS



- ✓ Book early: Reserve flights ahead of time for the best prices and seat options
- ✓ Allow extra time: We recommend allowing 2 - 3 hours before your international departures and for connections
- ✓ Early arrival: Consider arriving a day early in case of delays and to acclimate to your destination



An aerial photograph of a lush, dense tropical forest. A waterfall cascades down a rocky ledge into a pool of water, surrounded by thick green foliage. The text "PACK SOFT. PACK LIGHT. TRAVEL RIGHT." is overlaid in white, serif, all-caps font in the upper center of the image.

PACK SOFT.  
PACK LIGHT.  
TRAVEL RIGHT.



# Your Carry-On

## THE ESSENTIALS

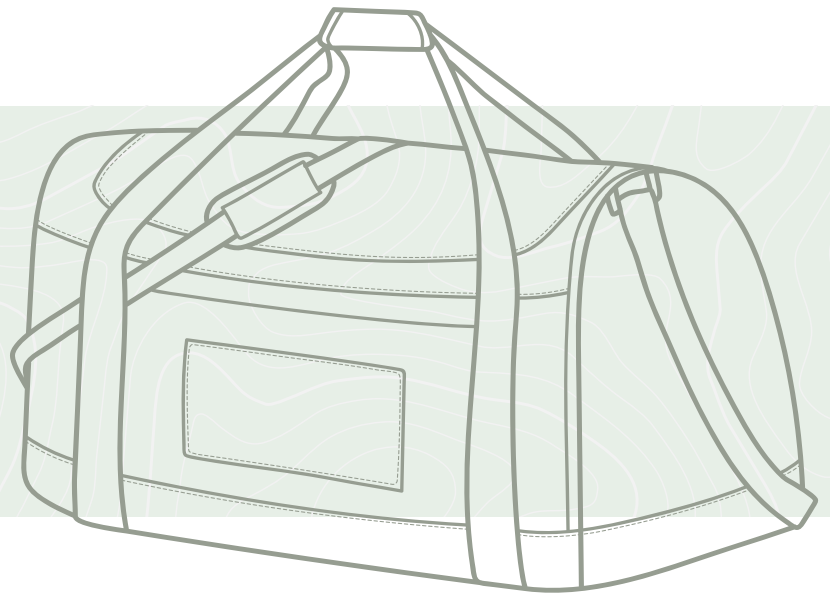
- Passport
- Photocopies of your passport's photo page in a separate compartment
- Medications
- Cameras (plus memory cards, extra batteries, lens cleaning supplies)
- Change of clothes (in case of luggage delay)
- Spare eyeglasses or contacts (with a copy of your prescription)
- Credit Cards and Cash

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## Luggage Limits

Domestic and charter flights, as well as water taxis within Costa Rica, have a maximum weight restriction of 40lbs per person plus an additional 10lbs for a carry-on backpack. Only soft-sided luggage is accepted.

**Recommended checked luggage for your travels will be gifted to you by Rewild Safaris.**





# DRESS FOR SUCCESS





# What to Pack

## CLOTHING

- Light, breathable, quick dry, moisture wicking layers for comfort in variable weather and conditions
- Neutral colored (green, brown, khaki, gray) clothing—no black or dark blue which attracts insects
- Lightweight long and short sleeved shirts, pants and shorts
- Waterproof hiking shoes or boots
- Water shoes or sandals e.g. Tevas, Chacos
- Comfortable shoes for the lodge or camp
- Comfortable, above ankle socks & moisture wicking underwear
- Swimwear
- Warm layers for mornings and evenings (fleece or sweater)
- Wide-brimmed hat for sun and rain protection
- UV protective, polarized sunglasses
- Light rain jacket
- Bandana or Buff for sun protection



## OTHER ESSENTIALS

- Travel adapters: Electrical sockets are typically **Type A or B** (the same as the US). Voltage is 120V and 60Hz (also the same as the US). If your device does not support 120V, you will need a voltage converter.
- Good binoculars for wildlife viewing
- High-SPF sunscreen and lip balm
- Small day pack and/or dry bag
- Insect repellent
- Headlamp or small flashlight
- Medications, including a small first-aid kit
- Device chargers
- Extra batteries for your camera and devices

### CLOTHING TIPS



Some suggestions for upscale performance (and fashionable) travel gear:

- |              |                     |
|--------------|---------------------|
| ✓ Patagonia  | ✓ Arc'teryx         |
| ✓ Prana      | ✓ Outerknown        |
| ✓ Fjallraven | ✓ Tilley Endurables |





# SAFE TRAVELS





# Health & Safety

## VACCINATIONS AND MEDICATIONS

Consult your doctor or travel clinic at least six months before departure. Inform them of everywhere you're visiting, your current medications and conditions. Bring enough of your prescription medicines in their original packaging. It's also a good idea to pack medications for digestive discomfort, itching and rashes—just in case.

### ASK ABOUT

- **Malaria prevention medication:** You might have to start taking it before you travel
- **Vaccinations:** Share your itinerary with your doctor or travel clinic for accurate vaccination requirements or recommendations
- **Medication restrictions:** Some destinations have requirements, restrictions & penalties for traveling with certain medications.

Check the CDC website (US) or your local government travel advisory website for up-to-date information on your destination/s.

<https://wwwnc.cdc.gov/travel/destinations/list>

### HEALTH TIPS



- ✓ Stay hydrated—carry a reusable bottle and consider hydration tablets
- ✓ Use only bottled or treated water, even for brushing teeth
- ✓ Avoid overindulging in rich food or alcohol
- ✓ Protect against the sun with hats, sunglasses, and sunscreen

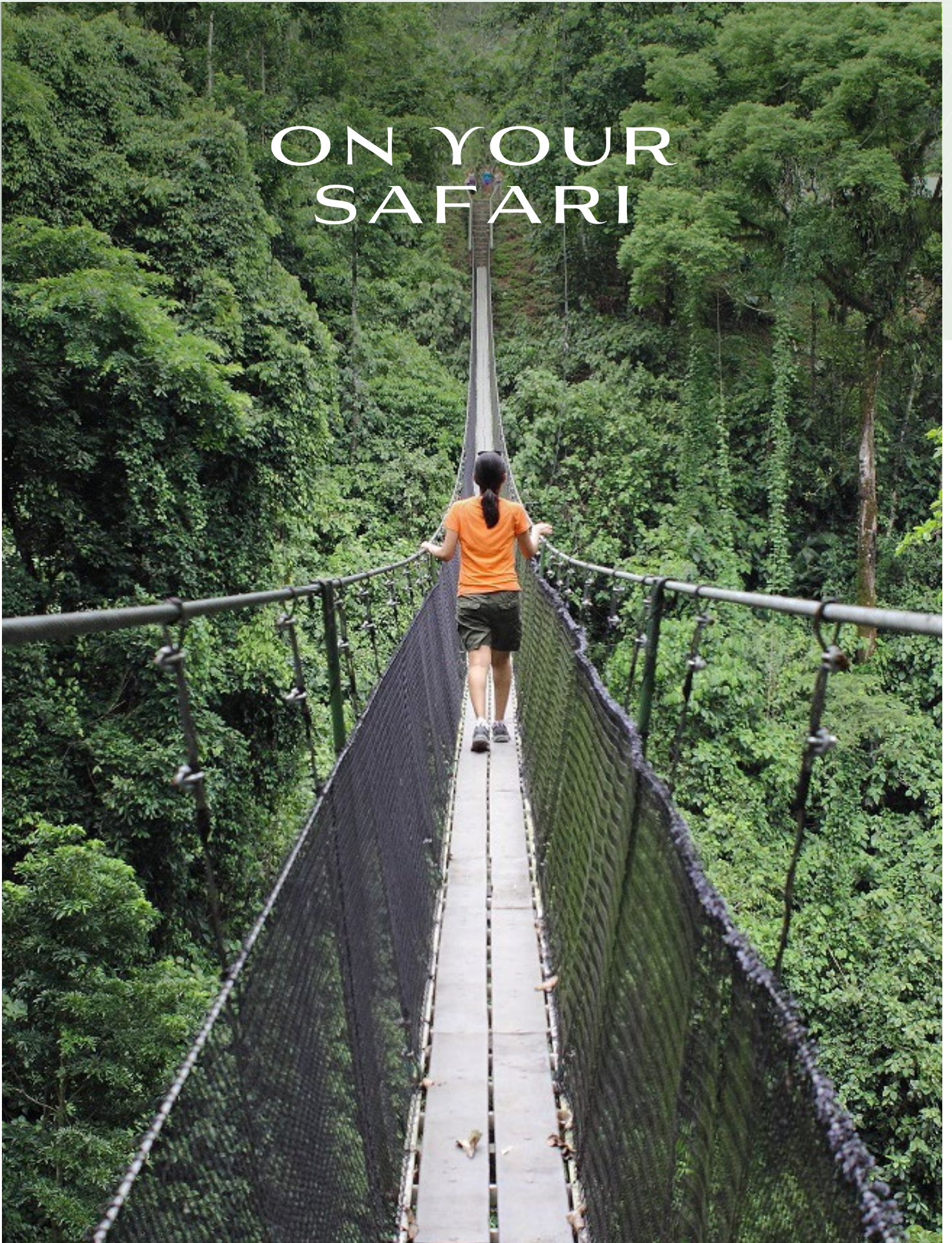
## EMERGENCY PREPAREDNESS

- Carry a letter from your physician with personal information on any existing needs or conditions
- Carry extra prescription medications and written prescriptions
- Inform Rewild Safaris in advance of any conditions that may require special care
- Review the details of your travel insurance coverage to be sure you're adequately covered on your journey and purchase additional insurance if needed





# ON YOUR SAFARI





# Good to Know

## TRAVEL SMART

It's always wise to take basic precautions when traveling internationally. Be aware of your surroundings, especially in areas frequented by tourists. Do not leave your food or drink unattended. Being alert is a good way to help ensure a safe and enjoyable trip.

Check for travel advisory updates on your local government website. For the US: <https://travel.state.gov/en/international-travel/travel-advisories.html>

## HEALTH CARE IN COSTA RICA

Costa Rica has a robust health system. However, your guides, drivers and others cannot be relied on for anything but the most basic first aid. We highly recommend medical evacuation insurance coverage and to always carry emergency numbers with you.

## VALUABLES AND PACKING

Keep valuables with you or in safes when available. Travel light for easier mobility and smoother transfers.

## CPAP MACHINES

While distilled water can be found at some pharmacies, however, if your CPAP requires distilled water it might be wise to bring some from home.

## STAYING CONNECTED

Costa Rica offers high-speed internet, though reliability and speed can vary, especially in more remote areas. RACSA provides free WiFi at select locations, including Juan Santamaria International Airport, central city parks, shopping malls, and numerous public libraries. Many popular tourist towns also have high-speed internet access. In rural regions, dial-up modems, ISDN, and 3G cellular networks are commonly used for internet connectivity.

## RAINFOREST ETIQUETTE

Respect Costa Rica's stunning wildlife, landscapes and environment by following these guidelines:

- Follow local laws and customs
- Keep a distance from all wildlife
- Stay quiet and avoid sudden movements to reduce stress on wildlife
- Do not feed wildlife
- Do not touch or remove anything from the environment e.g. rocks, plants, flowers, shells
- Do not litter
- Rewild Safaris have a strict no smoking/no vaping policy
- Do not store food in your sleeping area
- Be aware of your surroundings—not just what you're looking at but what you're holding onto or standing on
- Follow your guide's instructions to minimize your impact on the environment
- Follow the "Leave No Trace" principle

### TIPS ON TIPPING



- ✓ **Hotel bellhop/porter:** US\$1 per bag.
- ✓ **Housekeeping staff:** US\$2 per day.
- ✓ **Guides:** US \$8.00 - \$15.00 per day per person.
- ✓ **Drivers, transfer guides, river guides:** US \$3.00 - \$5.00 per day per person
- ✓ **Restaurants & bars:** A 10% service charge is added by law to all food and beverage bills. Additional tipping (5-10%) is appreciated for excellent service but not required.



# It's Go Time!

Thank you for choosing Rewild Safaris. This journey not only offers incredible wildlife and landscapes but also supports conservation efforts in Costa Rica. Your trip makes a difference by helping preserve these ecosystems and uplift local communities.

Get ready for an unforgettable experience—Costa Rica awaits. Pura Vida!

