



## What to Bring:

A hat, sunglasses, sunscreen, a waterproof jacket, a day pack, insect repellent, swimsuit, camera, binoculars for spotting wildlife, a lightweight sweater, pants, shorts, skirts, walking shoes, hiking boots for jungle treks and waterproof sandals. You might want one formal outfit for dinners and outings.

## Entry Requirements:

Most foreigners, including U.S. and Canadian citizens and Western Europeans, need only to present a valid passport that will not expire within 90 days of entry into the country. Costa Rica requires visas from a few countries, however, so check with the embassy in your country or with a travel agent if you are in doubt.

## Quick Facts:

Population: 4.1 million  
Language: Spanish, English widely spoken  
Time zone: U.S. Central Standard Time (Central America time, -6 GMT)  
Currency exchange: The colón, Costa Rica's currency.  
Life expectancy: 78.1 years  
Literacy rate: 96%  
Access to piped water: 95%  
Access to telephone service: 92%

## Vaccinations:

The U.S. Centers for Disease Control recommends travelers to Costa Rica and other Central American countries vaccinate themselves against the following diseases at least four to six weeks before their trips: Hepatitis A and B, rabies, typhoid and yellow fever.



## Green Season (May- Nov)



Suspension Bridges - Zip Walk

## Dry season (Dec-April)

Las Sirenas Marina and Resort

