

KNOW BEFORE YOU GO

COSTA RICA RAINFOREST ADVENTURE

**Important Information
and Travel Tips**

**Answers to Frequently
Asked Questions**

COSTS AND EXPENSES

WHAT IS INCLUDED IN THE OVERALL COST OF THE TRIP?

You're on vacation. We want you to relax, unplug and leave the details to us without worrying about reaching for your wallet. Therefore, we include *nearly everything* in our trip experiences except airfare.

WHAT'S INCLUDED

- * Three (3) nights accommodations at Nayara Springs Resort
- * Two (2) nights accommodations at Finca Rosa Blanca Hotel
- * Daily breakfasts, lunches and dinners (with the exception of one dinner) and corresponding gratuities.
- * All activities as outlined in the itinerary (including expert guides, safety instruction, entrance fees and applicable safety equipment).
- * All guide gratuities for included activities
- * All group transportation (and driver gratuity) during the adventure
- * Daily laundry service at Nayara Springs Resort

WHAT'S NOT INCLUDED

- * Airfare
- * One (1) dinner to allow you flexibility to explore/unwind on your own
- * Any meals outside those outlined in the itinerary
- * Alcoholic beverages and room/resort incidentals (unless that welcome cocktail or sip is already included in the specific experience ;)
- * Associated medical expenses (we require all travelers carry medical coverage)
- * Any activities outside of those outlined in the itinerary (We wrap a lot in, however, we're more than happy to make recommendations or book additional tours or services if desired for an additional fee)

HOW WILL ROOM CHARGES BE HANDLED?

Nightly rates, resort fees and all applicable taxes have been paid for. You will simply be responsible at check out for incidental room charges such as beverages (alcoholic and non alcoholic), extra food, etc..

WHAT ABOUT GRATUITY?

All gratuities will be taken care of for the group activities, transportation and meals. You will simply be responsible for any housekeeping, bag porters and outside meals/cocktails gratuity while on the trip.

WEATHER AND TIME ZONE

WHAT TYPE OF WEATHER SHOULD I EXPECT THIS TIME OF YEAR?

Costa Rica enjoys a year round spring-like climate, but with 12 different climate zones there is considerable regional variation in rainfall and temperature. The coastal regions are hot and humid, averaging between the upper 70s and low 90s in temperature, where loose-fitting clothing and sunscreen is highly recommended. In San Jose and the Central Valley, the temperatures can be a bit cooler in the mountain regions. The rainy or "Green Season" is from June-November, although the mornings are usually clear and sunny.

WHAT TIME ZONE IS COSTA RICA IN?

Costa Rica is on Central Standard Time, 6 hours behind Greenwich Mean Time. Costa Rica does not observe Daylight Savings Time, so the time difference is an additional hour from April to October.

PASSPORTS & CUSTOMS INFORMATION

WHAT ARE THE ENTRY REQUIREMENTS FOR COSTA RICA?

Entry requirements vary depending on your country of origin, so always consult your government's website ahead of time. For US citizens, only a valid, signed passport (with an expiration date at least 6 months beyond your departure date) is required to enter the country.

Please carry your passport with you in your purse/carry on luggage (do not put in your checked bag) and leave a copy of it at home with family/friends.

WILL I HAVE TO GO THROUGH CUSTOMS WHEN I ARRIVE?

Your bags will go through customs upon entry and return. Each country has its own laws, but generally travelers may not bring plants or produce. Upon return to the US, you'll declare goods you acquired. The duty free exemption per traveler is usually \$800 plus limits on transporting alcohol and tobacco products. For details visit www.cbp.gov/travel and click "Know Before You Go!"

WHAT IF MY FLIGHT IS DELAYED OR I RUN INTO AN ISSUE WHEN I ARRIVE IN COSTA RICA

We'll be tracking your flights and will provide you with several local contact numbers/emails to reach out to prior to departure. (Molly Mathis — 770-356-4910 and molly@mojoactiveadventures.com as well as our local guides/contacts on the ground in Costa Rica). If you purchased the supplemental insurance policy, this will cover out-of-pocket expenses associated with airline delays/cancellations.

WHERE DO I GO ONCE I ARRIVE IN COSTA RICA?

Once you land, you'll follow signs to the immigration/customs area. Note: this time of year is peak season for Costa Rica, so be prepared for long entry lines. (We recommend using the restroom on the plane prior to disembarking and packing a light snack with you to hold you over until we arrive at the resort.) Proceed to baggage claim, pick up your bags then make your way outside of the terminal (passing through an agricultural scanner first).

Once outside, you'll be met by a representative holding a "MOJO Active Adventures" sign.

HEALTH QUESTIONS

ARE VACCINATIONS REQUIRED?

No vaccinations are required to enter Costa Rica, however, we always recommend consulting with your medical professional or www.cdc.gov prior to departure if you have any specific medical concerns.

WHAT IF I HAVE AN EMERGENCY OR AM IN NEED OF MEDICAL SERVICES WHILE TRAVELING?

Per MOJO's Booking Terms and Conditions, all participants are required to carry their own medical coverage and should carry all necessary medication with them. Please consult with your insurance provider to determine if a supplemental travel policy is needed prior to departing. Medical and evacuation expenses will be your sole responsibility.

IS IT SAFE TO DRINK THE WATER?

Yes, outside of rural areas, and in the larger resorts it is safe to drink the water in Costa Rica.

DO I NEED TO WORRY ABOUT INSECTS?

Bothersome insects are generally not considered to be any more of a problem in Costa Rica than they are in the US/Canada. Common sense precautions are recommended, however, especially when visiting dense rainforests, the high altitudes, beach areas, or when walking at dusk. Insect repellent containing DEET is highly recommended.

HOW ABOUT SPECIAL DIETARY RESTRICTIONS?

If you haven't already, please let us know about any special dietary requests/restrictions. The resorts and off-site dining venues offer a variety of gluten-free, dairy-free and vegetarian/vegan options. We will just need to plan accordingly ahead of time.

DO I NEED TO WORRY ABOUT SAFETY?

While Costa Rica is safe and enjoys a low crime rate, you should always exercise common sense and caution when traveling in a foreign country. Be aware of your surroundings and don't leave valuables unattended or in plain view. (Best practice is to leave jewelry or valuables back home).

CLOTHING AND ATTIRE

WHAT SHOULD I PACK?

Less is more! Please keep in mind our first hotel (Nayara Springs) offers complimentary daily laundry service for its guests.

HOW DRESS/CASUAL SHOULD I PLAN FOR EVENING ACTIVITIES?

All evening events and dining options will be casual (see our Pinterest board or reach out if you need inspiration).

GENERAL INFORMATION

HOW ABOUT CELL COVERAGE?

Reliable, cellular coverage is available throughout the country. We do recommend consulting with your individual cellular provider prior to departure to explore a variety of international plans that may be best suited for you.

IS WIFI READILY AVAILABLE?

Yes, complimentary WIFI is available at our hotel.

WHAT TYPE OF ELECTRICAL OUTLET/VOLTAGE WILL THERE BE?

The standard is the same as in the US — 110 volts, however, 3-prong outlets can be scarce, so it's helpful to bring along an adapter.

WHAT IS THE LOCAL CURRENCY OF COSTA RICA AND HOW MUCH SHOULD I BRING?

The official currency of Costa Rica is the colon, but US dollars are widely accepted and can be exchanged in most hotels. ATMs are becoming more widely available in the major tourist areas and you will get the best rate by withdrawing cash in colones with your ATM card. Major credit cards are accepted at most hotels and restaurants throughout the country. We typically recommend traveling with an assortment of smaller US bills for tips (housekeeping, baggage porters, drinks, extra food, etc..)

WHAT LANGUAGE IS SPOKEN IN COSTA RICA?

The official language of Costa Rica is Spanish, although many speak English as a second language.

DO I NEED TO BE EXPERIENCED IN THE ACTIVITIES OR IN GREAT SHAPE?

No prior experience is needed with any of the activities we offer. In fact, most of the people joining us are trying things for the first time. We provide all applicable safety instruction, equipment and partner with only the best, most qualified local guides to ensure your experience is a success. While you don't need to be an Olympic athlete to join us, these are active-based tours, therefore a basic level of fitness is suggested. If you have any concerns or medical issues we need to be aware of, please reach out and we'll be happy to address them.

WHAT IS THE DEAL WITH ANY "OPTIONAL" TRAINING/YOGA LISTED ON THE ITINERARY?

This trip is about you getting out of it what you want. As a supplement to the planned group activities you will be offered the opportunity to participate in some bonus yoga/training sessions. Feel free to come to all, some or none. We're all good with that!

WHAT IF I REALLY DON'T WANT TO DO SOMETHING?

Plan to go "all in" and challenge yourself. However, if something does not resonate with you, you always have the option to skip it entirely. We will tell you though, that the end reward is truly worth it, so go for it whenever possible! After all, that's what this adventure is all about!

HOW WILL I KNOW WHERE TO BE AND WHEN?

Upon arrival, you'll be provided with a detailed daily schedule that will map out when and where to meet each day.

DO I NEED TO PACK A HAIR DRYER?

No, the hotel has hair dryers in all of the rooms.

ARE THERE IN-ROOM SAFES?

Yes there are small safes located in each of the rooms.

PLEASE CONTACT US WITH ANY OTHER QUESTIONS