



Instituto de Cultura
y Lengua Costarricense

What to bring to Costa Rica

Official documents:

- Passport. While in Costa Rica you need to make a copy of the first page and the entry stamp.
- International debit/credit card (do not forget to inform your bank that you are traveling and you are going to use your credit/debit card).
- International insurance ID

Clothes:

- jeans
- comfortable walking shoes
- one nice outfit for a special occasion
- a light jacket or sweater in case you travel to Costa Rica highland areas
- loose-fitting t-shirts, trousers and shorts (weather is hot, sunny and in some areas humid)
- swimsuit
- hiking boots (if you plan to travel to the national parks)
- sandals for the beach
- hat or cap
- socks

Personal toiletries:

- personal care products
- soap
- shampoo, comb and/or hairbrush
- toothpaste toothbrush, tooth cleaner, floss

Don't forget to bring:

- a small backpack or travel bag for day tours
- pocket knife
- flashlight
- a pair of binoculars to observe animals
- insect repellent
- sunscreen lotion
- rainwear (umbrellas, raincoats, waterproof shoes).
- Sun glasses
- An alarm clock
- First aid kit and prescribed medications or OTC

For your studies:

- notebook
- pen and pencil
- dictionary

If you bring your laptop it is important for you to know that the electrical current throughout Costa Rica is the same as US-110 volt AC. Outlets are generally 2-pronged (bring 3-prong adapter). A voltage converter is necessary in order to use 240/250-Volt AC-powered items.

While in Costa Rica you can purchase a pre-paid cellphone for around \$45 or buy a prepaid card. Otherwise, make arrangements with your personal provider.



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