

What to Bring to Costa Rica

For your total experience at the resort, for contemplative activities (meditation and yoga) and adventure on the trail or in the water, we recommend you bring:

- Hiking sandals or shoes appropriate for forest/jungle paths
- Sneakers or comfortable walking shoes and sandals
- Optional: beach shoes for water sports
- Backpack/knapsack-medium size to carry a beach towel, food, 1-2 liter water bottles, journal
- Swimsuit, sunhat, sunscreen, sunglasses for outdoor protection
- Flashlight for nighttime strolling
- Wet wipes for walking/hiking
- Bug repellent
- Casual clothes for the resort; loose clothes or fitness clothes for mediation/yoga
- Camera (optional)

To learn more about Costa Rica we suggest these websites:

- <http://costa-rica-guide.com/practical/tips/costa-rica-guidebook-reviews/>
- <http://www.independenttraveler.com/travel-tips/central-and-south-america/getting-around-costa-rica>
- <http://costaricaexperts.com/destinations/guanacaste/>