

COSTA RICAN TREKS

Tips for a Successful Trip

➤ *Health and Safety*

- Remember to bring any prescription medications or supplements that you take regularly.
- Consider bringing disposable contact lenses for the trip.
- Eat healthy throughout the trip, and be sure you get plenty of protein and carbohydrates.
- Drink lots of water.
- Let your tour guide know if you feel ill.
- Wash your hands regularly.
- On an uphill hike, take shorter steps.

➤ *Packing Suggestions*

- Pack appropriately for the temperature, weather conditions, and type of trip.
- For water trips, bring rubber shoes.
- For hiking trips, be sure your shoes are broken in.
- Bring a small notebook to record your thoughts during the trip.
- A pair of lightweight binoculars will help you get a better view from a distance.
- Leave your mobile phone and other electronic devices behind.
- Bring extra camera batteries and film or memory cards.
- Leave your perfume or cologne at home. Some animals have particularly sensitive noses.

➤ *Other Tips*

- Wear subdued clothing to blend in with the scenery; you'll be more likely to get closer to wildlife.
- Remember to turn off your camera's auto flash when photographing animals.
- For certain trips, be sure you have the appropriate skills that are required.

Enjoy Your Adventure!

➤ *Plan Ahead*

- Research your options.
- Visit our website.
- Make reservations early.