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.