

Costa Rica Trip Participant Information

Rice and Beans Ministry
San Jose, Costa Rica
April 14, 2018 to April 21, 2018

Immunization Requirements

There are no required immunizations for entry into this area. The World Health Organization recommends that all travelers are fully vaccinated with appropriate routine vaccines:
http://www.dcd.gov/travel/mosquito_tick_protection.htm

Tetanus/Pertussis - within the last 5 years
Hepatitis A

Hepatitis A - Transmission can occur through direct person-to-person contact, through contaminated water, ice or from fruits vegetable, or uncooked foods that were contaminated during harvesting. WHO does not require, but recommends vaccination against Hepatitis A for all travelers to developing countries.

Health Notes and Risks

Please contact your personal physician or local health department regarding these and other health concerns before traveling.

Mosquito-borne Illnesses

For current information on mosquito-borne illnesses in Costa Rica, go to www.cdc.gov.

To prevent mosquito bites, the CDC recommends the following:

Cover exposed skin by wearing long-sleeved shirts and long pants.

Use EPA-registered insect repellents containing DEET, picaridin, oil of lemon eucalyptus (OLE, also called para-menthane-diol [PMD]), IR3535, or 2-undecanone (methyl nonyl ketone). Always use as directed.

Please note that we will be traveling to Costa Rica at the end of the dry season.

Travel Day Notes

Travel will be Saturday, April 21st to Saturday, April 28th.

Please wear your Rice and Beans T-shirt

Traveling

All participants traveling will need a passport that is valid for 6 months **after** the date of return. It is recommended that you arrive at the airport at least 3 hours prior to departure time.

Baggage Information

Please see the following website for an updated list of permitted and prohibited items in luggage: www.tsa.gov/travelers/airtravel/prohibited/permitted-prohibited-items.shtm

Carry-on liquids: Only travel size (3 oz.) toiletries, gels, and liquids are allowed in carry-on luggage. All carry on gels/liquids must fit into one quart size clear plastic zip lock bag. All other gels/liquids must be in checked luggage.

It is recommended that you carry money and passports in a concealed money pouch. Please leave valuables at home.

Frequently Asked Questions

What are the lodging accommodations like? Housing is dormitory style with single beds and shared bathrooms. Bedding and towels are provided, however, Rice and Beans can use any linens you can bring and leave behind. Internet service is available where we stay. There is no air conditioning.

Can I drink the water? Tap water where we stay is potable and safe to drink. Water at meals and at the work site is bottled water provided by Rice and Beans and is also safe to drink.

What is the weather like in April? April is the end of the Costa Rican dry season with nearly no rain and mostly sunny weather. Temperatures during the day range from 86 to 96 degrees followed by overnight averages of 78 to 86 degrees.

What can I wear? Take jeans, khakis, capris, short sleeved shirts, comfortable closed-toe shoes for working and visiting in the villages. Sleeveless shirts are fine if bra straps are covered. See packing list for more details. We suggest work clothes that protect your arms and legs.

What will the schedule look like? Travel is on Saturdays. There will be four work days and one day for touring. Each day will start early with breakfast. We will have lunch, dinner and devotions together and plenty of time for fellowship.

What does my trip cost include? Your fee includes insurance, tee shirt, lodging, meals transportation, some construction costs and your departure tax. Take additional money for your touring-day expenses and shopping.

Can I take pictures of the people? If you desire to take a picture of an individual or a family, it is respectful to ask them. If someone agrees to have their picture taken, and you have a digital camera, please show them the picture.

Can I drink or smoke?: We ask that all participants do not use alcohol and tobacco while on this trip out of respect for our hosts.

Do I have to put my toilet paper in the waste basket? Yes!

Miscellaneous

Electricity is the same as the United States

Time is Central Standard Time

Costa Rica currency: \$1 US = approx. 500 colones; however, US currency is accepted everywhere.

Packing List

Travel Documents

- Airline ticket with Flight Itinerary
- Passport and a copy of it in another part of your carry-on
- Money - for dining out, touring and shopping

Medications

- Prescriptions in original bottles
- Aspirin, Tylenol, etc.
- Pepto Bismol and Immodium
- Insect repellent
- Sun Screen
- Band Aids, antibiotic cream

Work Clothes

- Long pants, to protect your legs
- Shirts or tee shirts (no halter or tank tops on work site)
- Long sleeve thin shirt for sun block
- Work shoes. Closed toe required for delivering food bags
- Work gloves (2 pair)
- Sun hat or cap

Casual Clothes

- Slacks, capris, knee length shorts
- Clothes suitable for church or to dinner
- Shirts, modest tops
- Socks and underwear
- Comfortable shoes for walking
- Sweatshirt, sweater, or light jacket
- Pajamas
- Flip flops - for the shower

Personal Items

- Backpack for worksite or touring
- Water bottle
- Hand sanitizer to carry everywhere
- Sun glasses
- Ear plugs
- Eye glasses-contacts. Extra pair or your prescription
- Shampoo/conditioner, hair dryer, brush, comb, deodorant, soap
- Toilet paper (small roll to carry to the work site)

Items to Share

Cookies and/or a box of granola bars, peanut butter crackers, power bars, nuts or other items for snacks at the work site

Roll of paper towels for use when washing hands at lunchtime at the work site

Useful Items

Bible
Camera
Travel alarm
Small fan or clip-on fan
Small flashlight and batteries
Notebook, pen, pencil
Plastic bags - for laundry, clothes you leave there

Optional School and Hygiene Supplies

In the elementary school, they can use English children's books, pencils, crayons, book markers, coloring books, toys for kindergarten, math cards etc.

Gift bags for the students can be pencils, colored pencils, pencil sharpeners, erasers, crayons, stickers, toothpaste, toothbrushes, combs, deodorant, dental floss,....**no paper products**

Hygiene items: wash cloth, small travel size shampoo, bar soap, toothpaste, toothbrush, band aids, tylenol, antibiotic cream (ziploc bags are helpful for packing)

Craft supplies: beads, string, yarn, glue, stickers, glitter, etc

Pencils and sharpeners erasers colored pencils rulers, no paper products

Tooth brushes dental floss, tooth paste, deodorants

Rice and Beans Ministries can always use extra twin sheets and towels

If you take candy or small gifts to had out to children pleas give them to the Rice and Beans staff for distribution at an appropriate time.

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Travel Money / Expenses:

Volcano: \$15

Zip Line: approx. \$50

La Paz Waterfall Park: \$52 (includes buffet lunch)

Dinner Friday night: \$20 max

Airport / food ???

Staff tip ???

Souvenirs ???

