

Pre- Travel Checklist

- Ensure Passport is current and has at least 6 months of validity remaining
- Purchase airline tickets adhering to the below guidelines
 - ENSURE you plan your arrival time to be NO LATER than 1pm Costa Rica local time if planning a shuttle service
 - ENSURE you plan your departure time to be NO EARLIER than 12pm Costa Rica local time if using as shuttle service
- Notify your bank of travel outside of the U.S.
- Enroll in STEP (Optional). Use the below address for Camp Zen Commando:

Address:

Address Line 1/Location Name:

Laguna Savegre A La Par de Quebrada, Sea Breeze Fa

Address Line 2:

City:

Savegre

Province:

Puntarenas

Postal Code:

Country:

Costa Rica

- Perform any COVID requirements as per Costa Rica Ministry Tourism website.
****Todd Opalski and Zen Commando ARE NOT liable for any injuries or accidents that may occur****
- Download the following helpful mobile applications (optional, but highly recommended)
 - Whatsapp
 - Uber
 - Google Translator
 - Waze
 - Currency Converter
- Pack according to the Packing List
- Begin hydrating 2-3 days prior to arrival
- Ensure any required forms are completed and returned prior to arrival
 - Application and Hold Harmless Agreement
 - Pre-Course Questionnaire
- Ensure you have a hard copy (or saved on a mobile device) of your return itinerary to present to Costa Rica Immigration during arrival**