



# GETTING READY FOR SUMMER

PRE-TRIP MANUAL

Trek Costa Rica

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### “CONNECTING TWO SUMMER EXPERIENCES?”

You will receive a separate guide  
for each program along with details  
on how the connection works.”

## PROGRAM CHECKLIST

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We hope you will take the time to review this document in its entirety.

Please ensure that you have:

- Arranged travel to/from the departure airport or the pre-approved meeting point and submitted your travel plans to us at [www.bbyopassport.org/login](http://www.bbyopassport.org/login)
- Uploaded a passport copy at [www.bbyopassport.org/login](http://www.bbyopassport.org/login) and ensured that it is valid for at least six months after our return date.
- Signed up friends and family to receive updates during your trip (parents will automatically receive the updates!) [www.bbyopassport.org/updates](http://www.bbyopassport.org/updates)
- Added a travel insurance policy at [www.bbyopassport.org/insurance](http://www.bbyopassport.org/insurance) (optional)
- Arranged for a local SIM or phone
- Joined the program Facebook group – for teen participants only
- “Liked” BBYO Passport on Facebook – this is where we will post photo albums over the summer!
- Reviewed the Program Rules & Expectations together as a family
- Reviewed the packing advice in this document
- Made a plan for accessing spending money during the program
- Submitted all forms in your registration account at [www.bbyopassport.org/login](http://www.bbyopassport.org/login)

## GROUP ESSENTIALS

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### GROUP COMPOSITION

Each group forms its own traveling community and the size of each group varies by program date. We will release more details approximately 3-4 weeks prior to your departure date. In the meantime, we encourage you to sign-up for your program-specific Facebook group (teens only). It is a great way to connect with fellow travelers before the program and beyond. Please note that not all teens will join the Facebook group before the trip, so the Facebook group will not be a good representation of the number of teens on your program. Do not be afraid to start the conversation by introducing yourself to everyone!

#### Note on Connections:

Some teens from your program may continue on to another BBYO experience, while others do not. When joining a new program, you may see some familiar faces from your previous experience. However, there may be new faces too! Our staff is well trained to make sure this transition is as smooth as possible.

**Staff Tip:** Keep a running list of questions ready for when we call! We want to be as helpful as we can, and we know sometimes our calls can catch people off guard.

### STAFF COMPOSITION

Each group is accompanied by a team of *madrichim* (counselors), a local tour leader, and a bus driver. Staff names are posted approximately 3-4 weeks prior to your departure, and you can expect a staff welcome call leading up to your departure.

### ROOMING PLAN

Standard accommodations are based on 2-4 teens per room, with the same amount of sleeping accommodations. Every time we move to a new overnight location, we will rotate rooming assignments to provide a better opportunity for our teens to get to know one another and promote group bonding.

**Teen Tip:** Joining your program's Facebook group is a great way to "meet" other teens before the trip starts!

### PROGRAM ITINERARY

The projected itinerary is announced 3-4 weeks prior to departure. Please note that even the confirmed itinerary will be subject to change on the ground. We will do our best to notify parents and teens in advance if necessary.

### KASHRUT & DIETARY NEEDS

All meals provided on the program will be vegetarian when dining as a group. On rare occasions when kosher facilities are available, we take full advantage. Most BBYO Passport experiences include “pizur” meals where participants have the opportunity to use a cash allowance to buy their own food. Kosher meals during pizur time is subject to what is available locally and to the teens’ personal choices. Teens with special dietary situations should make sure their medical dietary restrictions are reflected in their account information.

If possible, our group will make a stop at a grocery or convenience store. We recommend that teens pick up snacks and food for later on in the program. When traveling you may encounter new foods and not all will be to your liking, so we ask teens to be flexible and have snacks and alternatives on hand just in case.

### SHABBAT PROGRAMMING

Shabbat is a special time and can be an amazing opportunity for rest and reflection. Friday nights and Saturdays will include prayer, informal discussions and various Shabbat programming. Where possible, we try to include visits to local synagogues to give teens a taste of how Judaism is observed locally. Often times our best or only option is a traditional Orthodox service. Even if this is not part of your tradition, it is an opportunity for a rich cultural experience and can be meaningful too. In previous years, we have even been invited to the Rabbi’s home. When possible, we strive to provide a number of alternative options for celebrating Shabbat, and teens are encouraged to take a leadership role in how the experience is shared with the group.

As a program, we do not drive on Shabbat and we do not oblige or encourage teens to break the rules of Shabbat, which they observe. We do however require that teens carry items on Shabbat, such as water bottles. At the same time, what teens do during non-programmed time on Shabbat is their own personal decision. We only ask that everyone be mindful and considerate of each other’s practices.

## PROGRAM RULES & EXPECTATIONS

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BBYO is a teen leadership organization, and as such, we place great trust and responsibility on our teens. By agreeing to participate in the program, you are agreeing to abide by the terms of our Release Form ([www.bbyopassport.org/release](http://www.bbyopassport.org/release)) and the BBYO Code of Conduct ([www.bbyopassport.org/conduct](http://www.bbyopassport.org/conduct)). **We encourage you to review these conduct guidelines as a family before the start of the program:**

### DISCIPLINARY APPROACH

For the sake of creating a safe and successful program experience, BBYO Passport has established a series of rules and disciplinary guidelines. Each disciplinary situation is evaluated individually, but as a general rule, infractions related to physical violence, drugs/controlled substances, alcohol, and leaving the group without authorization are grounds for removal from the program. A single infraction may result in immediate separation from the group. BBYO Passport staff reserves the right to make these decisions, and there may also be further consequences for BBYO members within their local regions after returning to North America.

In the event of program dismissal, the parents of the dismissed teen will be solely responsible for all associated fees, including the cost of special transportation to the airport, a flight chaperone if necessary, or an airline change fee. No portion of the program fee will be refunded, and any scholarship funds awarded will need to be reimbursed in full to BBYO or the issuing agency. Given the international nature of the program, the consequences of dismissal are extremely serious, very embarrassing, costly, and disruptive to the rest of the group.

#### Cause for Removal

**It is our sincere hope that no one will need to be expelled from a BBYO Passport program, and accordingly, we encourage parents and teens to discuss this matter carefully together before the start of the program.**

All behavioral matters will be dealt with on the program through a series of steps. These steps may include a staff-teen conversation, a formal warning, loss of free time or other privileges, program probation, and ultimately dismissal. Again, BBYO Passport staff reserves the sole right to make decisions related to behavioral misconduct and disciplinary consequences. Any specific

questions related to disciplinary rules and regulations should be directed to BBYO Passport's Executive Director, Aaron Robbin ([info@bbyopassport.org](mailto:info@bbyopassport.org)).

### **Curfew & Rooming**

To fully appreciate the program, a good night's sleep is essential. A curfew will be enforced at the discretion of program staff. Teens are expected to abide by these curfew rules. Hotel rooms are assigned on a single-gender basis. Teens are not allowed to be in any other room other than the one they are assigned to without permission from the staff at any time during the program

### **Drugs & Alcohol**

Possession, consumption, and/or the purchase of drugs and/or alcohol will not be tolerated on any BBYO Passport program and can result in immediate dismissal. Neither is sharing, selling or otherwise dispensing prescription medication. Moreover, it is the policy of BBYO Passport to allow the police and justice departments of the respective countries visited to prosecute when infractions have occurred without intervention by BBYO Passport.

**BBYO Passport staff reserves the right to administer a breathalyzer test and/or search any teen's belongings or room at any time and for any reason during the course of the program.**

### **Leaving the Program without Authorization**

As part of our general approach to safety and security, teens on all BBYO Passport programs are **not allowed** to leave the supervision of the program at any time. There will be occasions for limited free time in specific areas that are deemed secure by program staff. However, the general rule is that there is no leaving the program at any time and for any reason whatsoever during the day or at night. Leaving the program without specific staff authorization is grounds for immediate dismissal.

### **Timeliness & Cooperation with Program Staff**

Behind the scenes of each BBYO Passport program is a complicated logistical plan which requires us to keep to an exact schedule. Staying on schedule requires the cooperation of every teen. It means waking up in the morning on time, not wandering from the group, and respecting the overall schedule of the program. The consequence of being late is that elements of the program will be cancelled. We need every teen's cooperation to ensure that the program to be fully experienced.

**Social Cohesion**

We believe in the unique power of a group experience as opposed to a collection of individual experiences. As a member of a traveling community, each teen has a responsibility to treat his/her fellow teens with respect and decency. We aim to create an atmosphere where everyone on the program is made to feel welcomed and comfortable, and each teen plays a role in making this possible. These same principles apply to virtual and social platforms before, during and after the program.

**Weapons**

The purchase or possession of a weapon, or an item that may be construed as a weapon is not allowed during the program, and any such items will be confiscated.

**Mobile Device Use**

Cell phone use is a privilege, not a right. Use of communication devices during programmed time is not permitted. During other times, teens must exercise discretion when using the phones (i.e. respect sleeping roommates, etc.). If necessary, program staff reserves the right to suspend or even terminate a cell phone rental if these privileges are abused.

**Respect for Property**

It is expected that teens will behave responsibly and with respect regarding belongings and property throughout the program. Should property be damaged or defaced by a fellow teen, those responsible will be held accountable for payment of damages. Please note that there is also a fee at many hotels for lost room keys.

**Tattooing & Piercing**

Such activities during the program are forbidden and will result in disciplinary action or dismissal from the program. Tattooing and piercings can be unsafe in foreign countries, and any resulting medical complications would not be covered under the program's medical insurance policy. Teens will be required to remove any piercings that they acquire during the program.

**Tobacco & Marijuana**

Purchase or possession of tobacco and marijuana products are not allowed regardless of age – neither is purchase or possession of smoking paraphernalia. This policy includes, but is not limited to, electronic cigarettes and water pipes.

## SAFETY & WELLBEING

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### SUN SAFETY

The sun in Costa Rica can be strong. Dehydration, heatstroke and sunburn are serious concerns, especially along the coast.

These are some common-sense rules we employ whenever we go on hikes or whenever we will be outdoors for an extended period of time:

- Wear a hat
- No tank tops
- Use sunscreen
- Carry at least two liters of water

**Teen Tip:** Make sure you pack enough t-shirts; tank tops will NOT be allowed during the daytime. You will be asked to purchase more if you did not bring enough!

### MEDICATION

Teens are responsible for carrying and self-administering their own medication. With the exception of over-the-counter treatments and Epipens, our staff is not allowed to hold or administer prescribed medication and cannot be responsible for ensuring that prescribed medication is taken. If you have special requests (i.e. refrigeration requirements), please note them on your health forms. Teens are never allowed to share or dispense prescribed medication. Some medications must be taken at the same time every day. Please take into account the time difference and consult your doctor if necessary.

See our “packing for the trip” section for tips when travelling with medication.

### VACCINES

Vaccine guidelines vary by country and are continually evolving. We recommend consulting with your physician as well as the latest Center for Disease Control guidelines at:

<http://wwwnc.cdc.gov/travel/destinations/traveler/none/costa-rica>

BBYO Passport requires its teens to be up-to-date with most vaccines recommended by the American Academy of Pediatrics and the Center for Disease Control.

Please review our policy at: [www.bbyopassport.org/immunizations](http://www.bbyopassport.org/immunizations)

## WATER

Proper hydration is essential during a program of this nature. You should be drinking two large bottles of water per day. You can expect that the staff will constantly be reminding you to drink, drink, drink!! Ultimately you must be responsible for this task.

## SECURITY PRECAUTIONS

As a program, we take a number of precautions to reduce security risks. We also ask our teens to follow the security-related guidance below:

**Be aware of suspicious objects** and be careful not to leave behind personal items that may be confused with a suspicious object.

**Stay together as a group.** This is a supervised program, and we depend on our teens to stay together as a group at all times.

**Follow staff instructions.** We travel with licensed guides who are trained in security procedures, and we depend on everyone following all staff's instructions.

**Dress conservatively.** In the interest of maximum cautiousness, we recommend not dressing in a recognizably Jewish way and generally choosing clothes that are culturally neutral.

**Pick pocket alert.** Pick pocketing is a relatively common occurrence in large metropolitan areas, and we recommend protecting your valuables at all times when we are in public.

**Avoid mosquitoes.** Mosquitoes are a common summertime annoyance that can spread a number of viruses. Be sure to pack mosquito repellent, and we recommend consulting the Center for Disease Control for additional tips at: <http://bit.ly/2tYCOFu>

**EMERGENCY CONTACTS**

Our emergency phone number is 1-202-643-2296 and is handled by one of our team members. A BBYO staff member in North America will be answering emergency calls 24-hours a day. Please only use the emergency phone number when there is an emergency as described below:

**Emergency Situations**

- Family health emergencies
- Urgent medical or safety situation

**Non-Emergency Situations**

- Concerns about fatigue or social adjustment
- Requests for flight extensions
- Requests to be featured in photos
- General security concerns (email updates will be sent in such scenarios)

Non-emergency issues should be communicated to the North American office, open 9:00am to 5:00pm EDT during the workweek. Simply call 202-537-8091 or email [info@bbyopassport.org](mailto:info@bbyopassport.org).

## TRAVEL DOCUMENTS

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### PASSPORT VALIDITY

Please check today to make sure that you know where your passport is and that it is not expired or about to expire. Make sure your passport is valid for six months after our return date. If it is not, you may not be allowed to board your flight(s). Information about ordering or renewing a passport can be found at: <http://travel.state.gov/passport/>

### VISA RULES

If you are traveling on a USA, Canadian, or European Union member country passport, you do not need a visa to enter Costa Rica. If you are traveling on a passport from another country (e.g. Russia, Ukraine, etc.), you may need a visa to enter Costa Rica. Our office is able to provide you with an official ticket confirmation letter to assist with issuing any required visas or passport extensions.

- **Plan to carry a photocopy of your passport during the program.** Because we hold onto your passport for safekeeping on the road, we recommend bringing a passport copy in your wallet or backpack at all times as a back-up form of identification.
- **Check that the name you used to register matches your passport.** If you registered with a nickname, your ticket will be printed accordingly, and you may be denied boarding. Contact us to make any corrections ASAP.

### EXIT TAX

Costa Rica imposes a \$29 USD exit tax at the airport which may be paid in cash or using a major credit/debit card (there is a \$10 fee to use a credit card). Most airlines include this tax as part of your flight cost, but please check with them directly to verify.

**Parent Tip:** Also check with the airline that all baggage fees have been paid or send your teen with a credit card to pay this fee in the airport.

## TAKING FLIGHT

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A group flight is not included in the cost of this BBYO Passport program. Details about how to meet at the airport and how to make your flight arrangements are announced by the end of April and posted to your registration account at [www.bbyopassport.org/login](http://www.bbyopassport.org/login). If applicable, we will inform you of flight information for your staff members, and you can choose to book yourself on the same flight. Contact us if you need assistance accessing the document.

### MEETING AT THE AIRPORT

Teens will be met at the San Jose Airport in the public arrival hall. Look for a BBYO Passport sign. Our staff often arrive on flights within the same travel window. Please try to book your teen's travel during these times otherwise staff supervision may be limited or even unavailable.

We recommend that teens arrive to the airport with their personal cell phone and a portable charger in case they need to contact a member of our team. Please be sure that your cell phone number is listed in your registration account.

**Staff Tip:** Text us when you land in Costa Rica and are headed to baggage claim. The airport is not big or hard to navigate.

### UNACCOMPANIED MINORS

Each airline has their own rules for mandatory "unaccompanied minors," and additional fees do apply. If your teen is 15 years or younger, then please refer to your chosen airline for information, and contact us well in advance (2-3 weeks) if special arrangements need to be made with our staff.

### WHAT HAPPENS IF YOU ARE DELAYED

If you are delayed on departure day and will not meet the group on time, please send an email to [info@bbyopassport.org](mailto:info@bbyopassport.org) immediately so that we can make arrangements locally for you to meet the group (if necessary). If possible, try to re-schedule your teen on the next available flight, but keep in mind that you will likely be traveling without staff, additional fees may apply.

**Parent Tip:** The optional group travel insurance policy includes coverage for missed connections and travel delays. It is a great value, and I recommend that every parent purchase it for their child.

## STAYING CONNECTED

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### KEEPING FRIENDS & FAMILY UPDATED DURING THE PROGRAM

Parents of teens will automatically receive email notifications including updates from the road and a link to new pictures posted from the group. Additionally, friends and family will be able to sign-up to receive these same updates by filling out a short online:

[www.bbyopassport.org/updates](http://www.bbyopassport.org/updates)

### USING YOUR CELL PHONE

Prior to using your cell phone abroad, please contact your cell phone provider to understand the costs associated with international roaming. If your smartphone is unlocked, consider arranging for a SIM card before the experience or planning to purchase a SIM card on arrival in Costa Rica at the airport.

**Parent Tip:** Send a plastic baggie to keep the original SIM card in. You do not want your teen to lose it!

### EMAIL & INTERNET ACCESS

Some of our accommodations will have internet stations and/or Wi-Fi available which teens are welcome to use during free time, usually for an additional fee. The connection can however be quite unreliable. We strongly suggest that you **do not** bring a laptop on the program or any other expensive communication devices as the risk of theft or damage is very high.

### HOW AND WHEN TO CALL

For parents and friends who wish to contact a teen during the program please remember that use of communication devices during programmed time will not be permitted. Most of our accommodations do not have regular phone service in the rooms.

## MONEY MATTERS

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The accommodations, all meals, in-country transportation, basic health insurance (excluding pre-existing conditions), and all program activities are covered by the core program fees. The only spending that is your responsibility will be domestic flights and luggage fees, snacks, bottled water, souvenirs, gifts, etc. We estimate that \$100-\$150/week is sufficient.

### HOW TO BRING MONEY ABROAD

There are a number of ways to bring money abroad. Please read this section carefully, and **keep in mind that BBYO Passport will be unable to facilitate money transfers to teens during the program**, so please plan accordingly.

#### ATM / Credit Cards

If you choose to use your personal ATM card or credit card, we would ask that you be aware of the following:

- Because IDs are frequently checked when making credit/debit card purchases, we recommend only bringing a credit/debit card issued in the name of the teen.
- If your ATM card has a Visa, MasterCard, Star, Cirrus, or Maestro logo imprint, you should not have any issues withdrawing money while abroad. Other ATM network cards may work, but we encourage you to check with your local bank prior to traveling.
- Some teens have experienced difficulty withdrawing money from savings accounts. We recommend that ATM cards be linked to checking accounts.
- Please do not send your child with prepaid gift/credit cards as they will likely not be accepted abroad.
- Most merchants abroad will only accept EMV-enabled cards (i.e. smart chip cards).
- AmEx and Discover cards are not widely accepted and are not recommended.
- Even if you plan to bring a debit/card as a primary source for purchases, we recommend traveling with at least \$100 in cash as a back-up as debit/credit may not be accepted at smaller stores or stalls.
- We will not have access to ATMs on a daily basis, and sometimes there will be long gaps – plan accordingly.
- Inform your bank of your travel plans to avoid a security hold on your account.

- Check with your bank for exact fees charged when using ATM and credit cards internationally.

### Cash Money

Many locations in Costa Rica accept US dollars, but this should not be an expectation. If you plan to bring cash, we recommend exchanging it into the local currency ahead of the trip or at the arrival airport. There will be very few other opportunities to exchange cash funds while on the road. Bringing some back-up cash is a good idea, but we do not recommend it as a primary method for making purchases while abroad.

### LOCAL CURRENCY

The Costa Rican currency is the Colón, and each US dollar is worth about 570 Colones (100 Colones ~ \$0.19 USD). You will find that goods in Costa Rica can cost 20% to 55% less than they typically cost in North America.



**Exchange rates are constantly fluctuating, please check the rates prior to your trip.**

## **MEDICAL & TRAVEL INSURANCE**

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### **MEDICAL INSURANCE DURING THE PROGRAM**

BBYO Passport program fees include basic medical insurance that covers treatment and medication; however, it will not cover any pre-existing medical conditions. This means that the policy covers treatment for issues like a stomach bug, a broken limb, or dehydration, without any out-of-pocket expenses or paperwork. The policy does not cover any medical conditions for which a teen is already being treated or for which treatment has been received in the past. This exclusion rule also applies to all psychological care. For this reason, teens are required to come on the program with their own medical insurance policy, which includes coverage for short-term travel abroad. In the event that a teen needs to be treated for a pre-existing condition during the program, the parents of the teen will be solely responsible for any associated costs.

### **TRAVEL INSURANCE**

All teens are encouraged to sign-up for a travel insurance policy to protect their investment and plan for the unexpected. We have partnered with Travel Insured International to provide a discounted group travel insurance option. The cost of the travel insurance policy is based on the total cost of the program and other domestic travel expenses. Plan coverage information is available online at [www.bbyopassport.org/insurance](http://www.bbyopassport.org/insurance). Insurance can be purchased in your registration account at [www.bbyopassport.org/login](http://www.bbyopassport.org/login). Policies may be purchased up until the date you make full payment for the program.



## PACKING ADVICE

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### PLANNING FOR THE WEATHER

Costa Rica is a tropical country, but the weather varies greatly region to region. In the highland areas, you can expect cooler weather with evenings dipping into the 50's to 70's. Due to this, it is important to carry a windbreaker, long-sleeved shirt, or light sweater in your daypack. Along the lowland areas, the weather is in the 80's or even 90's during the day. Finally, June and July fall within the rainy season for Costa Rica. This means that rain is common, although it is often brief in the late afternoon or evening. No matter where we travel in Costa Rica, you can be sure that it will be humid!

**Staff Tip:** Avoid cotton clothing! It is very humid and dry-fit or windbreaker styles are a much better option.

#### **Pack Appropriately for Shabbat**

To create a special atmosphere for Shabbat, it is tradition to wear clothing on Friday night and Saturday during the day that is nicer than what we wear the rest of the week. We typically attend Shabbat services on Friday night in a local synagogue – which is typically Orthodox. Plan to wear more modest/formal clothing. Jeans, t-shirts and shorter skirts are not appropriate. Again, shoulders and knees for both boys and girls must be covered.

#### **Footwear**

We will be doing a lot of walking, and having comfortable shoes is important! Flip flops will not be allowed when we are on the move, and while athletic sandals like Texas or Chacos are fine most days, they are not appropriate for days when we have hikes/nature walks. It is not necessary to bring hiking boots. Comfortable and sturdy walking shoes are more than sufficient for all programming.

### STAYING DRY IN THE CLOUD FOREST

The air in Costa Rica is very moist, so we strongly recommend packing all your clothing in extra-large Ziploc plastic bags to keep them dry – even in your main luggage. We also recommend bringing extra Ziploc bags to keep items in your daypack dry! **Plan to bring a light and effective raincoat.**

## PACKING TIPS

When deciding what kind of luggage to bring, bear in mind you will need to load your luggage on/off the bus and to/from our accommodations. So, please try to keep it manageable, and be sure to bring luggage on wheels (we suggest a rolling duffel). Before packing, please review updated restrictions on the TSA website [www.tsa.gov/travel/security-screening/whatcanibring](http://www.tsa.gov/travel/security-screening/whatcanibring)

- Bring only one piece of checked luggage and a light backpack for daily use.
- Bring at least one change of clothes, toiletries, and any prescription medicine in your carry-on bag in the unlikely event that your checked luggage gets delayed.
- You will receive two BBYO Passport luggage tags along with a program t-shirt in advance. Fill out the luggage tags and affix them to your carry-on and checked luggage for identification purposes.

 **Teen Tip:** Some of the bus rides can be bumpy, consider packing Dramamine! 

**SAMPLE PACKING LIST**

Please use this packing list as a guideline only

**What We Recommend**

- 14 t-shirts (non-cotton if possible)
- 5 pairs of shorts
- 2 pairs of jeans, khakis, or cropped leggings
- 14 pairs of underwear & socks
- 2 long sleeve shirts
- 1 windbreaker or lightweight sweater (non-cotton)
- 2-3 bathing suits
- 2-3 pajamas
- 1-2 beach towel
- 2 Shabbat/nicer outfits (Jeans, t-shirts and short skirts are not appropriate)
- Sturdy sneakers/walking shoes for general touring and outdoors activities
- 1 pair of water shoes (e.g. Aqua Socks, Texas, Chacos, Keens, etc.)
- 1-2 hats for protection from the sun
- Raincoat and/or umbrella
- Kippah for Shabbat if it is your custom

**Toiletries**

- Toothbrush and toothpaste
- Soap, shampoo, razor, deodorant, etc
- Glasses, contact lens case, solution and spare contact lenses
- Sunscreen (SPF 15 or higher)
- Toiletry bag and Laundry bag

**General**

- Bug spray, Afterbite/Cortizone cream also recommended
- Passport and photocopy of passport
- Sunglasses
- Light Backpack
- Lightweight backpack
- Portable Charger
- Copy of prescriptions in case medicine is lost
- Flashlight
- Water Bottle
- Voltage adapter/converter
- Medication (in your carry-on)
- Various sized Ziploc bags for holding valuables on water hikes, wet clothing and dirty laundry
- Small Woolite bottle/stain remover for washing clothes between laundry days
- Frisbees, cards, etc.
- Travel journal

**What We Do NOT Recommend**

- Linens, pillows or sleeping bag
- Luggage that is not easily carried
- Expensive jewelry or other valuables
- Heavy backpack or hiking boots
- Laptops or expensive electronics

**While BBYO staff may have over the counter medicine (I.e.: cough drops, Tylenol, Band-Aids etc.), it will be limited, and teens are expected to have their own supply on the program**

### VALUABLES

Theft is not uncommon in any place where a large number of tourists congregate, and there have been instances in the past. Accordingly, we encourage you to leave items of value at home and to carefully keep track of anything valuable that you do bring on the program. As a general rule, hotel rooms should always remain locked. However, even a locked hotel room should not be considered a secure area unless a locked safe is available. If you bring a lock for your suitcase, locking it in the room is an option. If it is possible to bring a locking suitcase, we recommend it, although it is not a solution by itself. Teen property is the sole responsibility of the teen.

### SENDING PACKAGES

Please do NOT send packages to teens. Packages often get delayed by customs, and even if a package does get through, it may be difficult to get the package to our group. If you forget a necessary item(s), the staff will do their best to purchase or obtain the item(s) in timely fashion.

### LAUNDRY

While laundry is not provided in Costa Rica, some hotels provide a laundry service, and teens may wish to take advantage of this service at their own expense. Bringing a large size zip lock bag is a good solution for stowing dirty clothes in between laundry.

*NOTE: A laundry service will be provided for teens connecting two BBYO Passport summer experiences.*

### ELECTRICAL CURRENT

The electrical current in Costa Rica is the same as in North America using two and three pronged electrical plugs. Your standard chargers and electronics you bring will not need a converter, but if you have further questions then feel free to check with your local electronics or travel store.