

CH>RITY
CH>LLENGE



TRIP NOTES

BELIEVE ACHIEVE INSPIRE

COSTA RICA COAST TO COAST
TREK AND RAFT
COSTA RICA

Sat 15 Nov - Wed 26 Nov 2025





In aid of your choice of charity

15 Nov - 26 Nov 2025

12 DAYS | COSTA RICA | TOUGH

Join for an incredible trekking and rafting challenge from the Pacific Ocean to the Caribbean Sea, crossing Costa Rica on foot and raft!

The challenge includes an exhilarating two day rafting section of the Pacuare River, taking on rapids up to grade IV. Take in views of the Caribbean lowlands with the rainforest slowly giving way to ubiquitous banana plantations.

You will trek through coffee plantations, indigenous communities and dense rainforests. Take on some challenging ascents reaching incredible viewpoints of the pacific ocean and verdant patches of jungle, with incredible views of the rainforest, experiencing first-hand the amazing biodiversity and natural beauty of Costa Rica.

As you make your way downstream the vivid colours of the exotic birds make the old growth forest flash with life, with many species of kingfishers and Toucans.

The challenge will test you physically but this is the most incredible way to experience Costa Rica - world-renowned for its abundance of rainforests, cloud forests, jungles and volcanoes.

- Cross Costa Rica on foot and raft from the Caribbean to the Pacific
- Trek through coffee plantations and dense tropical rainforest
- Experience the amazing biodiversity and natural beauty of Costa Rica
- Visit Irazu, Costa Rica's highest volcano (3,432m)
- White water raft down the Pacuare River

YOUR CHALLENGE DAY BY DAY

DAY 1 Sat 15 Nov

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Head to Costa Rica

You will be flying from London to the Juan Santamaria International Airport in San Jose, Costa Rica on a day flight.

Late afternoon/ early evening meet your local Charity Challenge guides before transferring (approx.2.5/3hrs) to the first nights Hotel. Get a good nights rest before the challenge begins early tomorrow morning!

Please note due to limited flight schedules to San Jose your flight may arrive mid evening and so arrival into Quepos can be late. Tomorrows program start will be tailored to the arrival time in Quepos to give you enough rest time.

Accommodation: Hotel

DAY 2 Sun 16 Nov

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Trek to Esquipulas (3-4 hours)

This morning breakfast and a full safety briefing from your challenge Leader and Guides, before starting your adventure and then take a short drive to the start of trek. Start your Challenge from the Pacific side of Costa Rica, the route takes you through the heart of palm oil plantations, and country roads with almost no traffic. You will acclimatise to the undulating terrain of Costa Rica, passing the Naranjo river on our way to the small village of Esquipulas.

Accommodation: Camping (B, L, D)

DAY 3 Mon 17 Nov

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Trek Esquipulas - Naranjillo (7-8 hours)

Today you will continue from camp up the Naranjo River Valley, while still getting used to Costa Rica's weather, humidity and terrain... You will enjoy some incredible vistas all around, as you start to climb towards Naranjillo.

Today will bring some steep climbs up into the mountains lined by plantations. Be prepared for the hilly terrain as you move from valleys to mountain tops, a perfect climate for growing coffee. This is a day full of dirt tracks into coffee producing communities with the perfect ending looking out at the Pacific Ocean.

Accommodation: Camping (B, L, D)

DAY 4 Tue 18 Nov

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Trek Naranjillo - Santa María de Dota (6-7 hours)

Today is one of the toughest, yet provides the most exiting route, starting early morning on exposed track lined with banana plantations, coffee plantations and several rope bridge crossings. Today's trek is up, up, and more up, allowing for fantastic vantage points along the way. Learn about the process of coffee growing and distribution in Costa Rica, while you encounter locals harvesting the coffee beans. A highlight for today is a stop at a beautiful waterfall, just in

time to take a cooling dip before your final incline. Finish the day with a short transfer, arriving late afternoon into your camp site in the beautiful Santa Maria de Dota town. Today you have gained some height (over 1000m in elevation) in your trek and so your camping spot this evening will be a little cooler in temperature.

Accommodation: Camp (B, L, D)

DAY 5 Wed 19 Nov

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Trek Bajo Pacuare - Santubal (4-5 hours)

This morning transfer 2 hours to Volcan Irazu (3432m) the highest active volcano in Costa Rica. A quick stop to stretch your legs to admire the view before continuing a further 2 hour transfer to the start of today's trek. The route takes you along country roads through farmland and sections of tropical rainforest. Crossing a couple of bridges, the trail today is not too steep but nicely undulating. Your first glance of the Pacuare River comes a few hours into the trek on your way down to the valley floor. After lunch you will cross the river and begin trekking up the other side of the valley until you reach the settlement of Santubal where you set up camp.

Accommodation: Camp (B,L,D)

DAY 6 Thu 20 Nov

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Trek Santubal - Mollejones (6-7 hours)

Today you spend the day following the Pacuare River on trails heading down stream. Setting off from camp you will pass several indigenous communities and observe their unique way of life. Head into the tropical jungle on a single file trail before a fairly steep track descent to the river where you will enjoy a well deserved snack stop. Take on your last climb of the day as you leave the valley floor and head inland and up into the surrounding mountains. You will end up in the town of Mollejones, the high point of the journey at over 1000m, and your camp for the night. Tonight, you can tend to sore feet and enjoy the village community of Mollejones.

Accommodation: Camp (B,L,D)

DAY 7 Fri 21 Nov

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Trek Mollejones to put in La Cruz / Raft Pacuare River (3-4 hours) (2 hours rafting)

An Early start as today you will encounter a 4 hour hike along country roads which takes you uphill on relatively good tracks through farmland and jungle before a challenging descent takes you on a narrow mud track through rainforest towards the whitewater rafting "put-in" at La Cruz, which is the gateway to the raging Pacuare River. Here you will embark on a whitewater rafting journey through pristine rainforest spotted with waterfalls. The rapids section of the river is approximately 30kms of Class II-IV rapids. By afternoon you will arrive at your comfortable riverside camp, El Nido del Tigre. Nestled between the sounds of the rainforest and the hum of the river, take time to explore this lush environment first hand, looking out for toucans overhead or simply relaxing in a hammock to the sounds of the river.

Accommodation: Camp (B,L,D)

* White Water Rafting will be Grade II-IV Rapids (No experience necessary)

DAY 8 Sat 22 Nov

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Raft the Pacuare River (5-6 hours rafting)

Today the Pacuare River takes you through virgin rainforest, cascading waterfalls and river carved canyons. You will maneuver through the exhilarating rapids and see the intricacies of the rainforest at the river's edge. Along the way you will take some time out to hike to some spectacular waterfalls and have lunch on the shore. Finish your rafting experience mid afternoon before a final short walk in the heart of banana plantation country to Finca Pacuarito.

Accommodation: Camp. (B,L,D)

DAY 9 Sun 23 Nov

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Beach Trek (2 -3 hours) / Transfer to Cahuita

A 2-hour transfer this morning will take you to the last trek of your Costa Rica Coast to Coast Challenge, in the Cahuita National Park. Enjoy a final walk on wooden walkways while spotting wildlife, before exiting the rainforest to the beaches of the Caribbean Sea. You will continue your walk along trails lined by volcanic beaches before a final dip in the sea to celebrate finishing your Coast to Coast Challenge. Lunch is served and the afternoon is at leisure to explore the coastal town and its laid back Caribbean Vibe from cute coffee shops, souvenir shopping and beautiful beaches to relax on. It's party time tonight as you head to a local restaurant for a Celebratory Meal.

Accommodation: Hotel (B,L,D)

DAY 10 Mon 24 Nov

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Day at Leisure & Transfer to San Jose

This morning is yours to do as you wish. Explore further the relaxed Caribbean town or spend the morning relaxing on the beach. Choose from one of the many local restaurants and cafes for lunch (at own expense) before re grouping back at the hotel to pick up the 6 hour transfer back to San Jose. You will stop on route to pick up snacks or food at your leisure before arriving at the San Jose Hotel early evening. Dinner at leisure tonight (at own expense) at the hotel before getting a well deserved nights rest.

Accommodation: Hotel. (B)

DAY 11 Tue 25 Nov

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Departure San Jose or Transfer to Tortuguero

This morning following breakfast, your driver will take you to Juan Santamaria International Airport for your flight back home. (B)

DAY 12 Wed 26 Nov

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Arrive back in the UK

This morning, you will land back in the UK after an overnight flight from Costa Rica.

HOW TO FUND YOUR CHALLENGE

This page provides you details of the costs of your challenge.
The costs below are per person.

SELF FUNDER

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Pay a registration fee of £499.00 when you book

Then a balance of £2597.00 (10 weeks before your challenge)

Raise as much as you can for your charity.

MINIMUM SPONSORSHIP

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Registration fee of £499.00 when you book

Raise a minimum of £5300.00 for your charity.

FLEXI

-

Registration fee of £499.00 when you book

Then £499.00 towards challenge costs (10 weeks before your challenge)

Raise a minimum of £4280.00 for your charity.

You will be invoiced for the air tax and fuel element contribution for your international flights, capped at £250.00, which is due 10 weeks before departure.

WHAT'S INCLUDED

Before you go

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- Members only benefits and discounts at a wide range of clothing and equipment suppliers including Outdoorhire, Cotswold Outdoor, Runners Needs, Snow + Rock, Water to Go, The Altitude Centre, Sporttape and Nomad & MASTA.
- Sponsorship forms
- Support materials (itinerary, kit list, visa information, travel tips, responsible travel policy and guidance)
- 16 and 20 week trek/bike training schedule
- Fundraising advice
- Fitness training notes
- Public liability insurance
- Risk assessment and emergency management planning
- Access to your own password protected account including support materials and training schedules

On your challenge

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- Internal transfers (unless otherwise stated in the itinerary)
- Full back-up support including first-aid qualified staff and first-aid supplies
- Entrance fees to national parks or other places of interest visited on the itinerary
- Drinking water on challenge days
- Three meals a day (unless otherwise stated in the itinerary)
- Accommodation during the challenge (usually in twin share)
- International flights to and from the UK (excluding air taxes)
- A Charity Challenge T-Shirt
- A contribution towards funding the reduction of carbon emissions through Climate Care's portfolio of award winning projects
- A donation to a community project in one of the countries in which we operate
- An English speaking first aid trained challenge leader and full local support team
- Drinking water on challenge days
- Equipment as per the challenge activity
- UK-based 24-hour emergency support line

WHAT'S NOT INCLUDED

Before you go

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- Visa (if required)
- Any covid tests required for entry to any countries or places of interest on your challenge itinerary
- Any covid tests required for entry to any countries or places of interest on your challenge itinerary
- Any covid tests required for entry to any countries or places of interest on your challenge itinerary
- Travel to and from the UK airport of departure
- Vaccinations (please check Trip Notes for requirements)

THE DETAILS

Registration fee in instalments

The first instalment of £249.5 is due at the time of booking. The second instalment of £249.5 will automatically be debited from your credit/debit card 31 days after you book. We can only accept payment for your registration fee by instalments if you book and pay online. Please note that when paying your registration fee in instalments, a £10 admin fee will be added to your first registration fee payment. Please note that your booking will not be processed (and we will not send an authorisation request to your charity) until we receive the payment for your second instalment. Your place on the challenge will only be held until 31 days from your initial booking. If we are unable to take your second instalment, your booking will be cancelled and normal cancellation terms will apply.

Fundraising deadlines

You will need to send your sponsorship money to the charity as you raise it. At least 80% of the minimum sponsorship required must be sent to the charity 12 weeks before departure (by 23/08/2025), and the remaining 20% within 4 weeks of completing the challenge (by 24/12/2025). If you have raised the necessary funds, the charity will then pay the balance of your challenge costs. The charity benefits by keeping the remaining sponsorship money and every pound over and above that you raise.

Air tax and fuel element contribution	The air taxes, and fuel element, that make up part of the flight costs can fluctuate significantly before a challenge takes place. As such, we exclude part of these taxes from the initial cost of the challenge and we will invoice you for it 10 weeks before departure. This applies to all participants on all payment options. For the challenge you are booked on this payment will be capped at £250 and we will absorb any amount above that. Please be sure to factor this cost into your budgeting for the challenge.
Typical group size	The typical group size is 18 - 30 participants
Small group supplement	The costs and sponsorship levels on our website are based on a minimum of 18 participants. We can run this trip with 14-17 people, but there will be a small group supplement of £75. This is payable by your charity if you book under the Minimum Sponsorship or Flexi options, and by yourself if you choose the Self Funder option. We will notify you 12 weeks before departure if this is necessary.
Optional extras	Extensions at end of trip* Single room supplements* Business class upgrades* Travel insurance (*subject to availability)
Travel insurance	Your safety when travelling with Charity Challenge is our main concern, which is why it is a booking condition that you have a suitable travel insurance policy, which covers you for the adventurous nature of your challenge, the activities you are undertaking, and the altitudes. We have chosen to partner with specialist travel insurance providers Campbell Irvine, who offer cover for an extensive number of adventurous activities. Cover is available directly from Campbell Irvine for most European residents and includes cover for emergency medical and repatriation and for your cancellation or curtailment of the challenge. Full details including costs may be found at https://www.campbellirvine.com/charitychallenge .

TORTUGUERO NATIONAL PARK – £710.0

Tortuguero was declared a National Park on Sept. 24, 1970, and its boundaries were extended three times (1980, 1995 and 1998). Its area has increased from 64,701 hectares to 76,937. Of that area, 50,284 hectares are marine territory, and 26,653 are on land. Of the land area, 99% is used for absolute protection of resources, and 1% is used for visitation facilities. The marine area is 100% designated for absolute conservation.

Tortuguero National Park (TNP) is located in north-eastern Costa Rica and is one of the country's main tourist icons, internationally recognized for its protection of the largest green turtle nesting beach in the Western Hemisphere.

Far-removed from the city and composed of an extensive network of rivers and streams, access is possible only on small boats. Tortuguero National Park is a place like no other, where small communities around the protected area – such as Barra del Tortuguero and San Francisco – still retain their traditions and move around on bicycles as the only means of transportation. All of this makes a trip to Tortuguero a genuine encounter with Caribbean culture.

The TNP also is a paradise for research and ecotourism, as the area's ecosystems are so complex and diverse that visitors can expect anything during tours, from complete tranquillity to discovering typical species of flora and fauna that are characteristic to the Costa Rican Caribbean.

- Registration fee £100.0
- Balance £610.0
- Single Room £175.0

Level of difficulty

The Costa Rica Coast to Coast Challenge is graded as tough due to the terrain, exposure to heat and numerous nights camping. This is the perfect challenge for participants who are of an adventurous spirit and an open mind and with previous trekking experience. You will need a good level of fitness in order to undertake this challenge. During the Challenge, you will be:

- Trekking between 6-8 hours a day
- Trekking with steep inclines and declines
- Trekking in 90+% Humidity and over 30 degree heat
- 7 nights of Camping
- 2 day of White Water Rafting Rapids Grade 2-4

Typical Day

Each day you rise early, after breakfast will help to pack up your kit and break camp, then trek carrying only daypacks for 6 to 8 hours, stopping for a packed lunch en route. You will have scheduled times to stop and view the remarkable scenery, or just absorb the thick jungle environment as you move through it. The challenge zone is remote and home to rare flora and fauna amid the bountiful biodiversity. The evenings are spent in wonderfully located camps, situated in the heart of the jungle or among farmland of the region. The food will be hearty and facilities basic.

Safety

Charity Challenge considers the safety of all of its participants and staff to be a top priority, and as such we have set up one of the most advanced and thorough safety management systems in the industry. Our Challenge Safe brand formalises our ethos when it comes to safety, bringing together the procedures and risk management strategies that we use to audit all aspects of our challenges, from vehicles to accommodation to the activity itself. Your welfare is paramount! In terms of your Coast to Coast Challenge, there are a couple of important points that you should be aware of:

- You will be trekking through dense, isolated primary jungle
- You will be physically exerting yourself for long periods of time in the heat of the tropics
- A good level of fitness is required for the challenge
- You may encounter a wide variety of insects, animals and plants
- You will be rafting on grade II to IV rapids
- You will be trekking through remote areas where facilities are basic

Responsible Tourism

It is our aim to make your challenge experience unforgettable. We also wish to contribute positively towards the communities and the destinations that we visit. You will be joined on this challenge with native residents. This will ensure that you not only will have a much higher level of engagement with the local culture, but also knowledge of the environment, local ways of living, history and experiences from the locals. During your trek you will pass through lots of local communities.

Flights

You will be flying from London to San Jose, Costa Rica. If you wish to upgrade from economy, you can request this through your account area.

The airline and routing will be confirmed two months prior to departure. Your flight tickets will be e-mailed to you before departure.

If you choose to book your own flights you must confirm with the Charity Challenge office before paying otherwise you may be liable for your included group flights (please contact flights@charitychallenge.com for further assistance).

Please note: Timings of the group flights are subject to change so please take this into consideration when booking domestic travel arrangements to reach your departure airport i.e. book flexible tickets where possible. We are unable to take responsibility for the consequences of missed international flights due to delayed travel arrangements to the airport. We therefore advise you, when booking transport and making any arrangements, to plan to get to the airport in plenty of time allowing for any possible delays which may occur on the day (bad weather, break down, cancellations etc). If you book a domestic flight, in order to get to your international departure airport, please do consider that this flight ticket cannot be linked to the ticket we are organising for you; you will need to collect your luggage, possibly change terminal and check-in again as normal.

Visa

British citizens do not require a visa for Costa Rica for a stay up to 90 days. If you are of a different nationality, please check with the Costa Rican embassy within the country of your origin. You must hold a full ten-year passport with at least six months to run from the end of your challenge, and at least one blank page for your visa and entry/exit stamps.

Extension

Tortuguero National Park Extension

Day 1: Transfer to Tortuguero National Park

Rise early morning for your pick up at the hotel to transfer to La Pavona Dock (3.5 hrs), breakfast on route. You will have a tour along the Tortuguero National Park Canals where you will be able to enjoy the exuberance of the tropical rainforest. After lunch, you will be able to take the walk through the gardens and nature trails, visit the picturesque Tortuguero Village to appreciate the lifestyle of its people and learn a little about their lifestyle and customs. Overnight Hotel Pachira Lodge Tortuguero (B, L, D).

Day 2: Boat Tour Tortuguero National Park

Breakfast will be served between 07:00 and 09:00. At 08:30 meet your guide and enjoy a tour throughout Tortuguero National Park Canals as you move by boat through the tropical rainforests. Tortuguero is a paradise for research and ecotourism, as the areas ecosystems are so complex and diverse that visitors can expect anything during the tour from complete tranquility to discovering typical flora and fauna that are characteristic to the Costa Rica Caribbean. Overnight Hotel Pachira Lodge Tortuguero (B, L, D).

Day 3: Transfer Boat and Bus to San Jose

After breakfast you will depart by boat back to the port where you will transfer by bus to the hotel in San Jose. Lunch will be provided in El Ceibo Restaurant, and then onto San Jose. Overnight Hotel in San Jose (B, L, D).

Day 4: Depart San Jose to London

After breakfast, you will depart the hotel for your transfer to the international airport for your return flight home. Hasta Luego! (B).

Important Information about the Tortuguero National Park Extension

Included:

- 3D/2N Package Tortuguero NP at the Pachira Lodge
- Transfers with Driver to Tortuguero NP
- Boat Services and English Speaking Lodge guide for tours
- Airport Transfers

Excluded:

- Personal expenses (ie: gifts, extra soft drinks or alcohol, laundry etc)
- Tips for local team (we recommend you allow \$6 per person for tipping your guide)

Please note that this extension is subject to minimum numbers of 4 people, flight and ground availability and **should be booked as soon as possible**. Occasionally, a surcharge may need to be applied in which case we will inform you prior to confirming your booking. Full payment must be received no later than 10 weeks prior to departure or your place on the extension may be cancelled. Extensions are not part of the main challenge. If we cannot offer an extension for any reason and you wish to cancel your challenge due to unavailability, Charity Challenge's full terms and conditions will still apply.

The advertised costs for this extension are per person on twin sharing basis. If you are a solo passenger we will accommodate you in a room with someone of the same sex. Single supplements are available.

The cost of the extension (registration fee and balance) are subject to Charity Challenge's standard terms and conditions.

Climate and Terrain

Climate: December to April are among the best months to travel in Costa Rica, with typically dry weather and varied humidity, although due to the climate of Costa Rica, rain at some point of the challenge is expected. Note, however, that temperatures can be very hot at all times of year. The rainforest offers some respite from the sun, but during the long treks, you will need to ensure that you stay well hydrated and protected from the sun. September is typically rainy season however it is a month mid the rains that is proven to be fairly dry.

Terrain: It is the terrain, rather than the distances covered, that will pose the greatest challenge during the Coast to Coast Challenge. Rainforest treks will require orienteering through dense vegetation and undulating terrain. During the rafting you will encounter grade I to IV rapids.

Training

This challenge is graded 'Challenging', which means that a reasonable level of fitness is required! Anyone who leads a fairly active and moderately healthy lifestyle should be able to complete the challenge, as long as they train over a period of a few months leading up to the challenge. Don't forget that the temperature is different from the UK – the hot and humid weather are constants on this challenge. While strength is important, endurance training should be your primary focus. Walking up hills and climbing stairs are both ways to condition your lower body. Begin slowly, without the weight of a pack, eventually adding weight as you increase your training pace. Take long hikes (6-8 hours) with a weighted pack, up and down hills (on treks, weigh your pack with water containers and pour out the water before your descent to minimise knee stress).

Luggage Allowance and Valuables

As no formal clothes are needed, luggage should be kept to the absolute minimum – details of what to pack are provided in your Kit List. Your main kit bag, or rucksack, must not exceed 23kgs in weight. Each trekking day, your personal kit will be transported to the next stop by a support vehicle. You will carry a daypack for your daily needs such as sun cream, lunch, water, camera and lightweight waterproofs. We will do everything to provide adequate safety for the group and security for your possessions. The general rule is that if you don't need it, don't bring it. This includes jewellery, necklaces, rings and even watches. Carry your passport with you and make sure you have a photocopy of your documents (travel insurance, passport etc.) in case they get lost or damaged.

Portable chargers or power banks containing a lithium ion battery must be packed in carry-on bags. Specific regulations regarding power banks may vary depending on the airline, the country you're traveling to, and the type and capacity of the power bank. It's always a good idea to check with the airline and the destination country's regulations before your flight to ensure that you comply with their specific rules regarding power banks.

Insurance

It is a condition of travelling with Charity Challenge that you have a suitable travel insurance policy which covers you for your entire challenge. We have a special policy which covers among other things, medical (emergency, evacuation and repatriation) arrangements, cancellation and curtailment of the challenge, and more specifically for the adventurous activities undertaken on this challenge. The White Water Rafting rapids are graded 1 - 4 and so please make sure these are covered.

Vaccination and Medicines

Vaccinations: For up to date vaccination information please check the Travel Health Pro page: [NaTHNaC - Costa Rica \(travelhealthpro.org.uk\)](http://NaTHNaC - Costa Rica (travelhealthpro.org.uk))

The Charity Challenge team are not medical experts and we would encourage you to visit your GP or travel nurse to discuss vaccination requirements. Your GP may ask questions about the specific locations that you are visiting, and as such it may be useful to take a copy of your itinerary with you.

Medication

- Carry medicines (including those bought over the counter) in their correctly labelled original packaging, as issued by the pharmacist. These should be carried in your hand luggage.

- Consider packing a spare supply of medication in the hold luggage in case of loss of hand luggage
- A letter from the prescriber detailing the medicines with the generic names for the medications can be helpful for border control checks, and in case medicines have to be replaced or medical help is required
- Carry a note from the prescribing physician on letterhead stationery for controlled substances and injection medications
- Take out an appropriate level of travel health insurance including repatriation and specific cover for any pre-existing illnesses
- If you have an allergy which requires an epi-pen, ensure that you carry 2 during your trip

N.B. Some medications are banned abroad so please check. You can find further information at [NaTHNaC - Costa Rica \(travelhealthpro.org.uk\)](http://NaTHNaC - Costa Rica (travelhealthpro.org.uk))

Money

Currency: Costa Rica uses the colon as its currency, USD\$ are also widely used. For up to date currency exchange, go to www.xe.com. You should ideally bring a combination of colons and dollars, or bring dollars that you can change into colons on arrival in Costa Rica.

Credit Cards: Credit cards are welcomed in Costa Rica but take cash when outside of the cities. Major credit cards are accepted in most hotels, shops and restaurants.

ATMs: You will find ATMs in San Jose, located in the airport, the city centre or near banks. The town of Orosi, Santa Maria and Quepos will also have ATMs.

How much to bring: You will not need a large amount of money during this trip, as most expenses are included. You should only need money for tips, food & drink (additional), gifts and souvenirs. On average around £250- £400 plus a credit card in case of an emergency, should suffice. Keep in mind that, other than at the start and end of the trip, you will normally be away from any foreign exchanges or banks. We therefore recommend that you carry some cash. You will mainly need colons and just enough dollars in small denominations for the staff tips for this trip.

Tipping: Tipping is personal and at your sole discretion. You should only tip if you feel that you have received good service. We recommend the equivalent of approx. US\$15 per person per day (approx \$105) in colons (ideally in small denominations), and this should be given to the challenge leader during the trek who will distribute it among the support team, including guides, assistant guides cooks, and porters.

Phone and Wifi

During your stay in San Jose and Manuel Antonio you will have good wi-fi access and phone signal. On camping days there will be no wi-fi and phone signal will be extremely limited. We recommend that you bring a portable charging device for charging phones.

Leadership

You will be joined by experienced leaders in Costa Rica to support you through the entire journey. Specialist rafting guides and support staff will join you on the Pacuare River. They will be ultimately responsible for the running of the itinerary and the safety of your group. We employ a number of local challenge guides, all of whom speak fluent English.

Group Size

Each group is intended to be a minimum of 18 people in order to run and a maximum of 30 people. We will be able to run this challenge for 14 to 17 people by charging a small group supplement of £95 which will be added to your final balance invoice (self funders) or charged to your charity (minimum sponsorship or flexi).

Clothing and Equipment

Good quality, durable kit could mean the difference between a fantastic challenge experience and an uncomfortable one. For this challenge, waterproof, well-worn in (not leather) boots will be indispensable, particularly coupled with some really good quality walking socks. You don't need a clean pair every day, but enough to make sure you have dry socks each morning. The benefits of a comfortable day sack cannot be underestimated, so make sure that you train with this. Other essentials are lightweight waterproof jacket, and technical/wicking t-shirts rather than cotton shirts.

Please click [here](#) for a full kit list for this challenge. As a Charity Challenge participant, you will get members only benefits and/or discounts at a wide range of clothing and equipment suppliers including [Outdoorhire](#), [Cotswold Outdoor](#), [Snow + Rock](#), [Water to Go](#), [Sporttape](#) and [Nomad & MASTA](#).

Due to high humidity levels please note that kit will be hard to dry out each day so it is highly recommended to bring several dry bags to separate wet and dry clothing.

Accommodation and Toilets

Accommodation: Accommodation will be in twin rooms at hotels and two-person tents at campsites. Participants should bring their own sleeping bag and sleeping mat for camping sections. If you would like your own room/tent, this can be arranged if there is availability but there will be a single room supplement. Please let Charity Challenge know if you are travelling with a friend or partner who you wish to share with.

Toilets: Toilets are supplied during the challenge. They are set up near the campsite at specific locations away from watercourses. Toilet paper is provided. During the trekking days, you will have to make use of the bushes and rocks. Please ensure you have a few nappy bags to dispose of used toilet roll, and hand sanitiser.

Food and Drinks

Most breakfasts and dinners will be served at the hotels/camps or at local restaurants. Lunches are a combination of local restaurants and/or picnic meals. Water and snacks will be supplied during the trekking days; participants need to bring a water bottle for refill. Please let us know prior to departure if you have any specific dietary requirements or allergies. All dietary requirements can be catered for with advance notice. Please let Charity Challenge know prior to departure if you have any dietary requirements or allergies.

Emergencies

The event is not run as a race and there is always a large discrepancy in people's walking abilities. This is allowed for. There will be a staff member at the back of the group at all times to ensure that you are not left behind and can take things at your own pace. In the event of an emergency all guides and leaders maintain contact via radio, and the

support vehicle not be far away. If somebody is unable to walk at all, then we can transport him or her from one location to the next.

Pre Existing Medical Conditions

We do not professionally vet your medical details. Please assess for yourself whether you are fit and able to take on the challenge. Please review the detailed Trip Notes and itinerary to get a better idea of what is involved. Please speak to your doctor or specialist if you have any concerns about taking part. If you suffer from a severe allergy, you are required to contact us to discuss any requirements. If you think that there are things we can do to make the challenge more accessible/comfortable for you, it is your responsibility to let us know, and we will then let you know if we can accommodate your request. Whilst we will do our best to put in place appropriate measures we cannot guarantee that this will be possible.

Medical Support

First Aid qualified staff will be provided with the medical details that you give on your booking form but please note that they are on the challenge to support with medical matters related to the challenge environment and terrain itself, i.e. heat/cold, high altitude and so on. They will deal with any incidents and accidents (cuts, sprains, breaks and so on). They are not intended to continue any ongoing specialist medical care that you receive in the UK for pre-existing medical conditions, and should not be assumed to have any professional experience of your specific medical condition.

If you have any specific needs around pre-existing medical conditions, you should discuss with your family doctor or specialist in advance and can discuss any advice given by them with the challenge leader.

CH>RITY CH>LLENGE

Any more questions?

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