

SOLTARA HEALING CENTER

Travel Logistics and Packing List Preparing for Your Trip to Playa Blanca, Costa Rica

Your pilgrimage begins, and we can't wait to welcome you.

Welcome to your comprehensive travel preparation guide for Soltara Healing Center in Playa Blanca, Costa Rica. This step-by-step guide ensures you're well-prepared for a seamless and stress-free arrival.

Essential Travel Documents & Requirements

- **Traveler's Medical Insurance:** Mandatory coverage for your dates of travel. Recommended providers that also cover COVID-19: [INS](#) and [Sagicor](#).
- **Proof of Onward Travel:** Required within the 90-day tourist visa limit. Check your specific country's requirements [here](#).
- **Passport & Visa:** Ensure your passport is valid for the duration of your stay. Depending on your country of origin, visa requirements may apply ([see here](#) or [here](#).)
- **Yellow Fever Vaccine:** Required if traveling from certain countries such as Peru. See the list [here](#).
- **Arrival Form:** Once you book your flights, complete your [Soltara arrival form](#).
- **Balance Due:** Bring your remaining balance due in like-new, USD bills (if applicable.)

Airport Shuttle and Transfers

- **Arrival:** Book flights to Juan Santamaría International Airport (SJO) and plan to meet at the [Wyndham San Jose Herradura Hotel](#) on Day 1 of your retreat for the group shuttle. We recommend arriving the day before, in case of any flight delays.
 - If your retreat starts before November 30, or on November 30, meet at 12 pm, for a 12:30 pm sharp departure.
 - If flying in on Day 1, your flight must land by 9 am to catch the shuttle
 - If your retreat starts after December 1st, meet at 11 am, for an 11:30 am sharp departure.
 - If flying in on Day 1, your flight must land by 8 am to catch the shuttle
 - Ayahuasca-friendly lunch will be provided for you during travel.
 - For any time-sensitive questions or travel updates surrounding your arrival and/or departure, please contact letgo@soltara.co
- **Departure:** Group shuttle will depart Soltara at 11:30 am on the last day, ensuring you're back at the Wyndham Hotel by 4:30 pm.
 - We highly recommend departing at least 1 day after your retreat ends.

Independent Arrival

Check-in is between 4:00 - 5:00 pm if you are coming from elsewhere in Costa Rica or do not wish to travel with the group. Please indicate this on your [arrival form](#).

- **Ferry Coordination:** If meeting the shuttle at the [Puntarenas Ferry Port](#), plan to be there by 3:00 pm for the 3:30 pm departure. Indicate this on your arrival form so we can purchase your ferry ticket.
- **Driving Instructions:** Use [Google Maps](#) for accurate directions to Soltara Playa Blanca. Look for the black “Playa Blanca” sign with colored letters off the main paved road, when nearing Soltara from the direction of the ferry. After that turn onto the dirt road, Maps defines the correct road straight to our main gate.
- **Taxi/Private Transport:** For reliable transfers, consider booking with Montezuma Travels. Contact via:
 - Email: info@montezumatravels.net
 - WhatsApp: +506 8814-1370 with Stiven
 - Signal: 8814-1370 with Stiven

Accommodation Recommendations

- **In San Jose:** Choose between the luxury [Marriott Hacienda Belen](#) or the budget-friendly [Wyndham Herradura Hotel](#) (same as shuttle pick-up) with a special Wyndham Soltara discount of \$99 USD/night.
 - For the Soltara Wyndham discount, email reservaciones@wyndhamherradura.com indicating your desired stay dates and guest information, and request the Soltara discount. You can also book an airport transfer for \$18 USD with at least 72 hours’ notice (Taxis are also available at the airport.)
 - UberEats works in San Jose, and the hotel front desk can receive your order
- **Getting Around:** Utilize taxis or Uber, or book a hotel shuttle when staying at the Wyndham.

Packing for the Tropics

The weather in Costa Rica is tropical! Although we are on the Gulf, temperatures can reach up to 25 – 30 C (80 – 90 F) with high humidity. While things can cool down after rain, the sun is very strong. You’ll want to wear light and breathable clothing. In addition to warm weather clothes, we recommend you bring some light loose, long-sleeved shirts and long pants to help protect against sun and occasional mosquitos. The following list covers everything to ensure your journey is as pleasurable as possible!

- **Digital and printed copies of your travel insurance**
- **Sun hat/scarf/bandana to cover head: important for after last ceremony/arcana)**
- **Red Flashlight(s): Important! LED RED LIGHT for ceremonies – see [example here](#)**
- **Reusable water bottle**
- Lighter(s) (for Mapacho, a sacred jungle tobacco sometimes smoked in ceremony)
- Hand fan (fold out/manual)
- Hand sanitizer (for travel – provided by Soltara while on retreat)
- Sneakers/walking shoes
- Sandals or flip-flops
- 1-3 pairs swimming gear
- 1 pair loose fitting, breathable pants
- 1-2 loose fitting, breathable long-sleeved shirts

- Casual/active hot weather attire (enough for 7 days, laundry service available on request)
- 1 Warm sweatshirt (just in case)
- 1 Rain jacket or poncho (May through December - rainy season)
- Insect repellent (natural only, please – no DEET)
- Sunscreen (30+ SPF Recommended) – the sun is **very** strong here!
- Personal watch (so you don't have to use your phone for the time)
- Small first-aid kit for scrapes, cuts and bug bites
- Toiletries
- Power adaptor if necessary (our plugs are the same as USA/Canada – Type A/B)
- Necessary medications **that have been approved during intake process – please consult with a facilitator before taking any while on your retreat**
- Notebook / Journal & pens
- Passport + 2 photocopies of passport
- Money belt/passport wallet
- Bank card with “Plus” or “Visa/MC/AMEX” logo
- Credit card with cash withdrawal option
- Travel/medical insurance information
- **USD \$300-\$1000** (for souvenirs, Shipibo market, meals when not at Soltara, etc. – large Shipibo tapestries can cost \$500+ USD depending on size and design)
- **Remaining balance due for retreat (if applicable) in crisp, like-new USD bills** (no tears please, thank you for your understanding!)
- Notify financial institution of travel plans

Preparation Support

To help support you before and after your retreat, we are so excited to offer the [Soltara Community Platform](#), hosted in collaboration with the incredible folks at [Nectara](#)! This private online space provides a wide variety of resources, virtual events, guided experiences (including themed breathwork, yoga, and meditation sessions), courses, a live feed to connect with other journeyers, and so much more—all expertly curated and organized to help you get the most out of your plant medicine experience.

As part of your retreat package, all approved Soltara guests receive one FREE year of all-access Soltara Plus membership in the Platform! This means you'll get the best of what both Soltara *and* Nectara have to offer.

Once you are approved through our intake process, your retreat registration is confirmed (via an email from Soltara Healing Center with the subject line 'Registration Confirmed'), and you are cleared to book your flights, you will receive the necessary information via email to activate your FREE year of Soltara Plus membership.

Once you're inside, check out the **Start Here** page to get situated and learn about what the platform has to offer. We also host monthly Plant Medicine Preparation circles with one of Soltara's therapists, Sharon Slate. These can help clarify intentions, address anxieties, and set the foundation for the work you will do here. Find out more and sign up for a prep circle under the **Premium Events** section after you've activated your free year of Plus Membership!

If you'd prefer to seek one-on-one support, the **Soltara Network** section of the Platform can connect you to a wide range of therapists and practitioners we deeply trust, across the spectrum of holistic healing. This includes psychotherapeutic services, compassionate inquiry, somatic and body-based work, and more. (Please note: one-on-one support is a separate service, with rates set by each individual practitioner. You will find more details and contact information within their Network Profiles!)

You can also start exploring the Soltara Community Platform early with a free account. Upon approval for your retreat, your Soltara Plus membership will be added to your existing account, if you have one—just follow the instructions and the access link you will receive from Nectara, shortly after your registration is confirmed. Check out [our Integration page](#) for more details!

For other questions, please see our [FAQ page](#). For specific questions about the Soltara Community Platform, please reach out to hello@nectara.co. You may also reach out to our Guest Experience Coordinator at letgo@soltara.co.

We look forward to journeying with you!

*In grateful service,
The Soltara Team*

