

SOLTARA HEALING CENTER

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

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

We are so honored that you're joining us for an immersive experience in nature, community, and beautiful medicine in Costa Rica! Please read on below for complete travel logistics to ensure you have a smooth and fulfilling experience.

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 the Liberia International Airport (LIR) - also known as the Daniel Oduber Quirós International Airport - and plan to meet at the [Hilton Garden Inn Guanacaste Airport](#) at 10:30 am on Day 1 for an 11 am departure via group shuttle.
 - We recommend arriving the day before, in case of any delays
 - If flying in on Day 1, your flight must land by 8 am to catch the shuttle to Soltara from the Hilton
- **Departure:** Group shuttle will depart Soltara at 10:30 am on the last day, ensuring you're back at the Hilton Garden Inn by 2:30 pm.
 - We highly recommend departing at least 1 day after your retreat ends.

Independent Arrival

Check-in is between 3:00 - 4:00 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](#).

- **Driving Instructions:** [Here is the exact location](#) to the front gate of Soltara at The Sanctuary. Please let us know in your arrival form the time we can expect you so that we can let you in the front 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 Liberia:** We recommend the [Hilton Garden Inn Guanacaste Airport](#), where we will be meeting for pickups. It is located 15 minutes from the Liberia International Airport and offers a complimentary airport shuttle and free Wi-Fi.
- **Getting Around:** Utilize taxis or Uber, or book a hotel shuttle when staying at the Hilton.



Packing for the Tropics

The weather in Costa Rica is tropical! Temperatures can reach up to 25 – 30 C (80 – 90 F) with high humidity. You'll want to wear light and breathable clothing that can get wet and dirty if needed. We recommend you bring some light and 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 [here](#) for example/to purchase)
- **Reusable water bottle**
- **Lighter(s)** (for Mapacho, a sacred jungle tobacco sometimes smoked in ceremony)
- **Hand fan** (either fold out/manual or USB rechargeable)
- **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*

