



## TRAVEL LOGISTICS, COVID, AND PLANNING YOUR TRIP ALL YOU NEED TO KNOW!

We are so honored that you're joining us for an immersive experience in nature, community, and beautiful medicine in Costa Rica!

As you prepare, please **thoroughly read** this document and the other documents attached to your registration email. They contain important information to help you make the most out of your experience, including recommendations for diet, medications, resources, and holistic preparation.

*We look forward to healing with you! ♥*

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### Summary of Travel Requirements

- ✓ Traveler's medical insurance
- ✓ Return ticket/proof of onward travel within allowable tourist stay (usually 90 days)
- ✓ Valid passport for duration of stay, (and for some countries up to 3 months beyond arrival date), & visa if necessary ([see here](#) or [here](#))
- ✓ For origin countries with risk of yellow fever, proof of yellow fever vaccine ([see here](#))
- ✓ Complete [Soltara arrival information form](#) (also sent via email 2 weeks before your retreat)
- ✓ Bring remaining balance in like-new, USD bills (if applicable)

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### Entry & Travel Requirements

**Traveler's Medical insurance** covering the dates of your travel. *\*Health insurance in your home country is not sufficient\**

- We suggest a traveler's medical insurance plan that covers all possible medical expenses and accommodations in case of COVID-19 infection.
  - The following agencies cover COVID-19 infection and related expenses:
    - [National Insurance Institute \(INS – Instituto Nacional Seguros\)](#),
    - [Sagicor](#)
    - We **do not** read and approve insurance plans. If you are unsure if you have an appropriate plan, please see the above links or contact your insurance company directly.

### Proof of Onward Travel

Costa Rica also requires a return ticket or proof of onward travel within the tourist visa limit (90 days for most countries, check [here](#) to be sure).

### (Origin countries with risk of yellow fever) Yellow Fever Vaccine

If you are traveling from some countries, including Peru, you will also need to show proof of yellow fever vaccination. Please see the [Visiting Costa Rica Entry Requirements](#) page for more information.

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## TRAVEL

### Group Shuttle: Arriving and Departing from Your Retreat

To catch our shuttle to Soltara at Sugar Beach, book your flight to the Liberia Airport (**LIR**)

- **We offer free group pickup on Day 1 of your retreat at 2:30 pm** (for 3 pm sharp departure) from the [Hilton Garden Inn Guanacaste Airport](#), 15 minutes from LIR Airport
  - If you plan to fly in on Day 1, your flight must land **by 12 PM** on Day 1 for enough time for customs (could take up to 2 hours) and to get to the Hilton for the 2:30 PM meet-up
  - **We highly recommend arriving the day before**, to ensure smooth arrival
- **Dropoff, after your retreat, is on the last day at 11:30 am at the Hilton Garden Inn**
  - Check out will be 10 am on the last day – you may depart directly from the retreat in separate transportation (separate cost), or if you will be flying out or staying in Liberia after, you can ride with our shuttle back to the hotel and take a taxi if needed from there
  - **We \*highly\* recommend departing at least 1 day after your retreat ends**, but if you must depart the same day, plan to depart after 2 pm, or longer if you need to wait for COVID test results, or you may miss your flight

### On Your Own: Getting to and from Soltara at Sugar Beach

- If you are coming from elsewhere in Costa Rica or do not wish to travel with the group, you can arrive to [Soltara at Sugar Beach](#) on your own, **please arrive between 3:30 and 4:00 pm**.
  - If you need a taxi or private transport from your destination **to** Soltara at Sugar Beach for your retreat, **you may book one [here](#)**, this site has great deals and reliable transfers.
  - If you need transport **after your retreat** to your destination, we can schedule you a ride **while you are here** on your retreat. There is no need to request it beforehand. Note that this will be at a separate cost.
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## HOTELS

### Staying in Liberia Before/After

#### Recommended Choice: Hilton Garden Inn Guanacaste Airport

Located 15 min from the Liberia International Airport and offers a complimentary airport shuttle and free Wi-Fi.

Web | [LINK](#)

Phone # | +506 2690 8888

Address | Ruta 21 Frente al Aeropuerto Inter Daniel Oduber, Liberia, Costa Rica

Check-In | 3:00 pm

Check-Out | 12:00 pm



#### Average Pricing

2 Double Beds – From \$128 USD / night

1 King Bed – From \$128 USD / night

1 King Bed Junior Suite – From \$152 USD / night

1 King Bed 1 Bedroom Suite – From \$169 USD / night

## PACKING

The weather in Costa Rica is tropical. Although we are on the beach, 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 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)
- Lighter(s) (for Mapacho, a sacred jungle tobacco sometimes smoked in ceremony)
- Reusable water bottle
- Hand sanitizer (for travel – provided by Soltara while on retreat)
- Sneakers/walking shoes
- Sandals or flip-flops
- 2-3 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**)
- Spanish/English Dictionary
- 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

Additional preparation support is available via [this link](#) with our therapist Sharon Slate, or [this link](#) with our therapist Sean Chiddy. These can help clarify intentions, address anxieties, and set the foundation for the work you will do here. Many guests have found this to be highly beneficial in their preparation for medicine work.

**We also have monthly preparation circles with therapist Sharon Slate through our private community platform [The Maloca!](#)**

Check out our [Events section](#) to register for a preparation circle.

For other questions, please see our [FAQ page](#) 😊

*We look forward to journeying with you!*

*In grateful service,  
The Soltara Team*

