

# WHAT TO BRING

## **CLOTHING:**

Dress in Costa Rica is casual. Where we are located in the mountains it is much cooler than the rest of the country. The temperature is generally in the mid 70's F during the day and much cooler at night, sometimes down in to the 50's F. When traveling in the Central Valley or to other parts of the country the temperature will be noticeably higher (close to 90 F).

Because we have people coming to the Costa Rican campus from many nations and cultures, there are differences in our thinking regarding what is appropriate dress. We need to be sensitive to others and to the culture in which we are living.

We hope the following guidelines will help you select items as you are packing your suitcase:

- Shorts that are knee-length and loose or comfortably fitting are acceptable for casual wear and weekends. Short-shorts or nylon-type fabrics are not acceptable.
- Slacks and jeans are acceptable (clean, neat and not tight).
- Dresses and skirts are fine for the ladies, as long as they are knee-length or longer and not tight. Wear a slip when needed.
- Please bring something nice to wear to church, as well as work clothes that can get dirty.
- Swimming suits: Please do not bring bikinis. One-piece suits should be modest, not revealing and have an adequately lined top and bottom area. For the men, please no Speedo's, bikini or nylon/stretch-type shorts. Swimming shorts should be comfortably fitting, not tight.
- Rain jacket
- Hiking boots (water proof is best)

## **CLOTHING CARE:**

Please make sure to bring the clothing care items that you think you will need like: Laundry bag, travel iron, sewing kit...

There is a washer and dryer available at the base. The cost is \$1.00 U.S. per load washer or \$2 dryer. Laundry detergent can be purchased here in town at a very affordable price.

## **COOKING AND EATING:**

At the campus here in Costa Rica, meals are served buffet style with a mixture of cultural emphasis. The base has a small store and is within walking distance of a small supermarket so it is possible to purchase snacks during free time.

## **PERSONAL ITEMS:**

- Pillow and pillow case
- Sleeping bag
- Bed pad
- Towel and wash-cloth
- Soap, shampoo, etc.

**STUDY ITEMS:**

- Bible
- Notebook or loose-leaf paper and folder
- Pens and pencils

**MEDICAL AIDS:** (You can also buy these items here)

- Insect repellent
- Band-Aids
- Antibiotic cream
- Pepto-Bismol for occasional stomach problems

**MISCELLANEOUS:**

- Camera and/or phone
- Umbrella (small folding)—very useful here!!
- Flashlight
- Stationary supplies and address book
- Musical instrument, if you play one
- Arts supply for personal use
- PASSPORT valid for at least one year
- Do not bring secular music or magazines

**LOCATION:**

Costa Rica, often dubbed the —little Switzerland of Central America is located in the center of the Central American isthmus to the north of Panama and the south of Nicaragua. It is a beautiful country; rich in culture and natural beauty from where it derives its name meaning —rich coast.

YWAM has three locations in Costa Rica: Heredia, San Jose and Guanacaste. God has called us in three specific areas: Training, Evangelism and Mercy Ministry. Our base is located in Los Angeles de San Rafael de Heredia, in the mountains, on the northern side of the Central Valley of Costa Rica. The surroundings here are very green and beautiful. The base is about 10 minutes from the closest town. There are buses every hour that will take you to the city. Our property is under construction, so far we have one big wooden building on a large piece of property in the countryside and a few cabins.

**CLIMATE:**

Because of its mountain ranges, the weather in Costa Rica can vary quite a bit, depending on where you are. It may be rainy and cool in San Jose (the capital), but warm and sunny on the Pacific Coast. The average year-round temperature is a delightful 72 degrees Fahrenheit (22 degrees Centigrade) in San Jose and elsewhere in the highlands. Nights are usually much cooler. In the warmer, more humid lowlands, temperatures can vary from the high 70's to the low 90's F. The rainy season lasts from April to December, mornings are usually warm and sunny and afternoons cool and wet. The climate at the base is fresh.

## **HOUSING:**

At YWAM Costa Rica, we live as a community and seek, as much as possible, to preserve a family atmosphere. With our growing numbers, this is not always easy. The key, we have discovered, is having mutual care and concern for one another. —Your need is also my need.

Couples: Within the community, we see it as essential that the marriage unit is maintained. With our limited space, however, this usually means a couple living together in one room. You will be amazed how, with a few personal effects and a little creative imagination, this room will quickly become your home.

Singles: The accommodations for singles vary, however, expect to be in a room with several others in a dormitory situation with community restroom facilities.

Note: Sleeping arrangements vary depending on the ministry location

## **LIFESTYLE:**

Our desire is that our lifestyle supports the values of YWAM Costa Rica's missionary calling. We trust that you will experience a combination of godliness and refreshing, and that you will help us to project this Christian testimony.

While living here we ask that you maintain the highest moral standards, including no drinking alcohol (including wine and beer), smoking, drug use, or sexual immorality. It is our desire to maintain this standard both on and off the campus.

## **TRAVEL/BAGGAGE:**

It is wise to inquire about baggage limitations with your airline before you pack. Flights to Costa Rica usually allow one checked piece and one carry-on. Extras, such as sleeping bags, bed pads, etc. should therefore be packed together as one piece of luggage. There is limited space in most living accommodations so please bring only essentials.

Upon arrival at the San José airport we will be there to pick you up BUT be aware that there will probably be many people who will want to help you with your luggage, etc. They will be expecting a tip so if you do not want/are not prepared to tip please hang on to your bag until we identify ourselves as YWAM staff.

## **INSURANCE:**

We highly recommend you come to Costa Rica with medical insurance (if you already have it, check to see if it functions in foreign countries). The medical service is good and fees tend to be reasonable here.

# **BIENVENIDO-WELCOME**