



# PACKING LIST

## WHAT TO BRING TO PEACE

### REQUIRED

- **Cash** (USD) and working credit card (we do not accept American Express)
- Valid **passport** that does not expire within 6 months of your return travel day
- Proof of **return travel**: ticket departing Costa Rica within 180 days of arrival.

### SUGGESTED

- Tropical weather attire
- Yoga attire
- Shampoo, conditioner, and body wash (not provided at Peace)
- Beach towel (not provided at Peace)
- Swim suit and beach attire
- Sunblock, hat, and sunglasses
- Beach bag or backpack
- Sneakers, hiking shoes, or Teevas
- Rain coat if traveling during rainy season (July-October)
- Insect repellent
- Refillable water bottle
- Yoga mat / anti-slip towel
- Medications and/or health aids (anti-nausea, electrolytes, Advil, etc.)
- Journal and pen
- Chargers for electronics

### FREQUENTLY ASKED QUESTIONS

**Do I need a converter for my phone charger?** Costa Rican power outlets are compatible with North American (US/Canada) electronics.

**Should I bring my nice clothes?** Playa Negra has a very casual, surf town feel to it. Think jungle vibes. No need to bring formal attire, nice jewellery, nor heels.

**Do you have laundry service?** Yes, the price is \$12/laundry load

**Do I really have to bring my own yoga mat?** We have a limited amount of used yoga mats available on property. If a high quality yoga mat is important to you, we recommend that you bring your own mat or yoga towel. We have plenty of yoga props (blocks, straps, bolsters) available for your use.

**How much cash should I bring?** This depends on the experiences you book during your stay at Peace Retreat: excursions, ceremonies, and gratuity are cash only. Charges such as lodging, food and spa can be charged to a credit card. However, if paid by cash instead of card, there's a 7% tax savings. Additionally, it's recommended to bring enough cash (USD) for the duration of your stay, as there is no ATM in Playa Negra. Ensure your bills are in good condition and not ripped.



# TRAVEL DAY

## LIBERIA AIRPORT TO PEACE

### CUSTOMS & IMMIGRATION

Upon arrival, proceed to customs. The wait time will vary based on the season, time of day, and day of week. Usually, customs takes 20-40 minutes. Wifi and restrooms are available in the area. Show the immigration officer: your passport, the address of Peace Retreat (see below), and your return ticket departing from Costa Rica within 180 days of arrival.

### BAGGAGE CLAIM

After customs, proceed to the baggage claim area to pick up your luggage. Restrooms are also available in this area. Retrieve your luggage and proceed to the Agricultural Enforcement line. Place luggage through the scanner, retrieve it on the other end, and then proceed to the exit.

### FIND YOUR DRIVER

Once in the Arrivals Terminal, proceed outside through the main sliding glass doors. Once outside, look for the driver holding a Peace Retreat sign. There will be many other drivers and tour operators who may attempt to carry your luggage for a tip or sell you other taxi services. Engage only with the Peace Retreat driver. If for any reason you cannot locate him, please go to the outdoor Britt Cafe to the left after you exit the terminal and message us via WhatsApp.

### DRIVE TO PEACE

The drive time is approximately 75-minutes to Peace Retreat from Liberia Airport. We work with a small group of drivers who are all fantastic and will take good care of you. Tips are not required but are encouraged. A standard tip ranges from \$10-\$20 USD per shuttle.

**Peace Retreat WhatsApp:** + 506 4500-4608

**Driver's (Jeffri) WhatsApp:** + 506 8411-4918

#### Peace Retreat Address

200 Oeste de la Antigua Fabrica de Hielo  
Los Pargos, Guanacaste, Costa Rica

### FREQUENTLY ASKED QUESTIONS

**Should I exchange my USD for colones at the airport?** This is not necessary, as most restaurants and vendors in Costa Rica accept USD currency. However, if you'd like to have colones, there is a currency exchange in the airport, just past Immigration.

**What if I can't find the driver?** Please proceed to the cafe sitting area outside the Arrivals Terminal and contact us via WhatsApp.

#### **Can my driver make stops on the way to Peace Retreat?**

Usually yes, if requested. There are a few places to stop and buy drinks, snacks and groceries on the way. Just let your driver know of your needs, and be conscious of your fellow travelers who may be on a timeline, or tired and eager to arrive to Peace Retreat.