



## Summer camp in the tropical forest in Costa Rica



### Program overview

We're sure this will be a fun and rewarding experience for you. Plan to have fun, meet a lot of great people, and learn new skills. But above all, prepare to make an impact.

This essential information pack serves as your go-to guide when preparing to depart on your adventure.

### Life on base

Kekoldi provides lots of adventure activities like hiking, ziplining and white-water rafting. You're also sharing the jungle with abundant wildlife, who often pass through the base.

### Accommodation

Our base is located **in the heart of the reserve in Kekoldi**, with the jungle right on our doorstep.

Accommodation is in shared (same sex) dorms with shared bathroom facilities. There is running water available for washing and cooking, with suitable water for drinking and brushing teeth. Supplies are limited and usage may be restricted when necessary.

Facilities will be more basic than you are accustomed to – **please travel with an open mind** and a willingness to adapt to local conditions.

## **Laundry**

Clothes can be washed by hand, although drying is very difficult due to the humidity.

A laundry service is provided for roughly 1000 colones/\$2USD per kg once a week at participant's own cost.

## **Meals**

Food is very basic and **mostly vegetarian**, with meat rarely available. Breakfast could be porridge or occasionally pancakes, typical lunches, and evening meals may include lentils, chickpeas, pasta, beans, or rice, with vegetables. Fresh fruit is provided each afternoon.

## **Electricity**

Please ensure that you have the correct adaptors for personal electrical items.

**Supply:** 110V 60Hz

**Source:** Mains

**Sockets:** US style (no earth)

## **Transportation**

### **Arrival**

Arrivals area in the **San Jose International Airport (SJO)**, Costa Rica. Please arrive between **12pm and 6pm** on your start date.

Most volunteers arrange international flights to arrive at Juan Santamaria International Airport in San Jose (IATA code: SJO). **Our staff will be waiting** in arrivals with a branded sign between 12pm-6pm on the program start date. If you are arriving before the scheduled meeting time you may want to wait there. Please ensure field staff are made aware of your plans. You will travel with our staff and fellow volunteers after the pick up

time (12-6pm) to the hostel.

Once at the hostel, **we will do a welcome meeting** and there will be time to get to know the other volunteers and get some rest before leaving San Jose the next day. Please ensure you land with enough time to be at the meeting point before 6pm.

## Departure

You will be transferred back to San Jose International Airport on the final **Saturday** at the end of your program. Flights out can be booked for no earlier than 12 noon.

## Health and safety

A 24-hour clinic is close to base with a 24-hour doctor on hand. In the event of an emergency we can access hospitals via river/road, light aircraft or helicopter. We have emergency procedures for foreseeable events, the staff are first aid trained and volunteers receive a safety briefing on arrival. The base camp is equipped with a comprehensive first aid kit. Please note that we cannot provide specific medical advice.

Please consult your primary care provider (doctor, GP, etc.) or visit a travel clinic for further information. Please be forthcoming about any health issues before you join the program. Failure to do so may have serious consequences for you, the staff and other participants, including your removal from the program.

It is also recommended that you take a **credit card** with you to ensure you can get immediate treatment in the event of a medical emergency (if suitable insurance is held, you will be reimbursed by your insurance company).

## Packing list

- Large Rucksack (Backpack): (65+ litres) for carrying the bulk of your gear to base. You could use a suitcase instead unless you are doing Duke of Edinburgh or President's Award in which case you must bring a Rucksack/Backpack.
- 1 Daypack (Backpack): (25+ litres).
- Reusable Water bottle - minimum of one 1 litre bottle but more would be beneficial.
- A head torch with an LED bulb and batteries or a flashlight.
- A red filter torch/flashlight for turtle surveys.
- 2 quick-dry towels (1 for showers, 1 for swimming).
- A notebook and pen.
- Basic first aid kit - This should include: plasters, wound dressings, bandages, antiseptic cream (Sudocrem is particularly good), antihistamine cream, bite/anti-itch cream, lip balm, rehydration sachets, anti-fungal cream/powder

### Clothing and Apparel:

- T-shirts (5-7)
- A rash guard/T-shirt to wear in the water to protect from sunburn
- Shorts (3-4)
- Swimsuit/swim costume/pair of trunks
- Light fabric/dark coloured clothes for night beach patrol

- Long-sleeved shirts and trousers/pants for protection from insects in the evening  
Jumper for the evenings
- Waterproof jacket Gardening gloves for community project
- Good hiking shoes or boots: we recommend wearing them before your trip  
Sandals (flip-flops/thongs)
- Water shoes Rubber boots(gum boots/wellington boots)
- Sun hat for summer
- 100% UV protection sunglasses

## Itinerary

**05:00** : Grab some coffee and breakfast as the sun rises over the forest.

**05:30** : For the morning survey, we head out into the forest to search for the day's focus species.

**11:00** : Lunch is enjoyed as a group. Lunch is prepared by a local cook specialising in delicious Costa Rican dishes.

**12:00** : Gather as a team to discuss any important insights, challenges and wins from the morning's work.

**14:00** : Head out on a forest survey. If you're lucky you might see sloths, mantled howlers or white-headed capuchins.

**16:30** : Return to base where you'll either assist with base duties or prepare dinner as a group.

**17:00** : Enjoy a meal together and reflect on the work you did that day and its impact on the environment.

**19:00** : Time to either relax and socialise, or head to the forest or beach for an evening survey.

## Packing List

### Essential Gear

- Backpack (65L+) & Daypack (25L+)
- Reusable Water Bottle (at least 1L)
- Headlamp with red filter (or flashlight)
- Quick-dry towels (1 for shower, 1 for swimming)
- Notebook & pen

### Clothing & Footwear

- Light, dark-colored clothing (for night patrols)
- Long-sleeved shirts & pants (for insect protection)
- T-shirts (5-7) & Shorts (3-4)
- Rash guard (for sun & water protection)
- Swimsuit
- Hiking boots & sandals (flip-flops)

- Rubber boots (for forest work)
- Waterproof jacket

### Toiletries

- Eco-friendly, DEET-free insect repellent
- Reef-safe sunscreen (SPF 30+)
- Personal first aid kit (plasters, antiseptic, antihistamine, rehydration sachets, etc.)
- Prescribed medications (with name, dosage, and reason)

### Recommended Extras

- Dry bag (for phone/camera)
- Binoculars (for wildlife observation)
- Sunglasses (100% UV protection)
- Gardening gloves (for community work)
- Money belt (for security)

Pack comfortable, modest, and culturally appropriate clothing for project work, communal living, and time out and about. Be aware that leather items (belts, shoes) are especially prone to mold. **Quick-drying clothes are always recommended** since it can be difficult to dry clothes when it is raining.

### Fun and free time

- **Sloth sanctuary** : A nearby sanctuary is dedicated to the rehabilitation, rescue and research of sloths and preservation of their natural habitat.
- **San Jose** : Spend the weekend in Costa Rica's capital city, San Jose. Visit one of the city's many museums, parks, restaurants, bars and clubs, or go on a guided tour.
- **White-water rafting** : For the adrenaline junkies, the Pacuare River is world-renowned for its rapids. For the rest, there's canyoning, night hikes or kayaking.
- **Puerto Viejo** : One of the most popular beaches on the Caribbean coast, you'll find kilometres of white sand, excellent surfing conditions, and popular eateries.