



Visitor's Guide

1. Plan your trip! Make a list of all the places you would like to visit. In Costa Rica there are Protected Wilderness Areas which may be attractive to visit. Find out about their schedules, regulations, payment conditions, official entrances, clothing, climate, services offered, among others.
2. Identify the services offered, as well as the communities surrounding your place of visit.
3. Include in your suitcase everything you will need for your visit: appropriate clothing, hydration, medicines, among others.
4. Verify that your travel agency has certified guides available, as well as that your chosen hotel has sustainability actions. In Costa Rica we have the CST 2.0 Tourism Sustainability Certificate, which is a reference for businesses with good practices at the level of Corporate Social Responsibility.
5. If you are a woman and you are traveling alone, remember to plan your trip, look for certified services and do research on the area you have chosen to visit.
6. Avoid any action that may affect the natural behavior of wild animals, do not try to feed them, do not disturb them and do not throw objects at them.
7. As far as possible, walk accompanied, do not stray from your group.
8. Do not damage the species of flora and fauna that you find, or remove them from their natural habitat, avoid making noise.
9. Avoid purchasing cultural heritage artifacts, keep your purchase receipt to identify crafts.
10. Do not leave waste or any type of plastic or glass containers and take them back with you.