New Intel Update 2026 (Jan 14th) - Review ASAP!

CONFIDENTIAL

COSTA RICA SURF MISSION INTEL

COSTA RICA SURF HQ

SECRET OPS

OPERATOR'S FOREWORD



Mikey

COSTA RICA SURF HQ LEAD INTEL

What's up!

I'm not a guide—just a regular surfer who's run enough missions down here to know where the hidden gems are, and more importantly, where the traps are.

Costa Rica is the crown jewel of Central American surfing, but deploying here blind is a tactical error. You don't want to end up at a heavy point break on your first trip, or get stuck in a chaotic party town when you're really looking for deep field recon and quiet nights. And you certainly don't want to arrive with the wrong gear or be physically unprepared for the intense equatorial heat.

I've personally scouted every camp, lodge, and wave in this database. This dossier is the exact intelligence I share with my own crew. It strips away the marketing fluff and gives you the raw logistical data you need: where to basecamp, how to budget your operation, how to train before you drop, and exactly what to pack.

Treat this document like your operational handbook. Keep it downloaded on your phone for the flight down.

Read the brief. Prep your gear. And I'll see you in the lineup.

Mikey

TABLE OF CONTENTS

Mission 01: Spot Explorer Pg. 04

Mission 02: Basecamp Locator Pg. 11

Mission 03: Budget Planner Pg. 16

Mission 04: Travel Logistics Pg. 19

Mission 05: Physical Prep & Training Pg. 23

Mission 06: Gear Essentials Pg. 26

OPERATOR NOTE

This document is designed to be downloaded and accessed offline during transit. All featured basecamps and gear recommendations are hyperlinked for direct access when connected to Wi-Fi. Always click the links to verify current rates.

MISSION 01

SPOT EXPLORER

Reconnaissance and intelligence on Costa Rica's main breaks. Review wave types, skill requirements, and access parameters before selecting your deployment zone.

1. SPOT RECON OVERVIEW

Costa Rica's coastline is highly varied. Deploying to the wrong spot for your skill level or vehicle type is a critical tactical error. Review the primary zones before choosing your drop point.



COSTA RICA SURF ZONES & PRIMARY DROP POINTS

Guanacaste (North Pacific): The most accessible region. High consistency, offshore winds from Dec-Apr, heavy infrastructure.

Nicoya & Central Pacific: A mix of rugged jungle outposts (Santa Teresa) and easy-access beach breaks (Jaco).

South Pacific: Heavy, raw, and remote. Deep jungle, massive point breaks, and powerful rivermouths. Advanced operators only.

Caribbean: Short season (Dec-Mar), heavy shallow reef breaks, distinct Afro-Caribbean culture.

GUANACASTE REGION



BEGINNER / INT. BEACH BREAK

Tamarindo (Playa Tamarindo)

Consistent peaks. Great basecamp town.

Access	Paved	**Crowds**	High
Wind	E (Offshore)	**Size**	0.5m - 2m

SEARCH TAMARINDO BASECAMPS →



ADVANCED BEACH BREAK

Witch's Rock (Roca Bruja)

Offshore groomed perfection inside the National Park.

Access	Boat	**Crowds**	Low
Wind	NE	**Size**	1m - 3m

SEARCH BASECAMPS →



INTERMEDIATE+ BEACH BREAK

Playa Grande

Consistent beach break just north of Tamarindo.

Access	Easy	**Crowds**	High
Wind	E	**Size**	1m - 2.5m

SEARCH PLAYA GRANDE BASECAMPS →



INTERMEDIATE+ BEACH & REEF

Playa Avellanas

Multiple peaks along a beautiful stretch. 'Little Hawaii'.

Access	Dirt	**Crowds**	Med
Wind	E	**Size**	1m - 3m

SEARCH AVELLANAS BASECAMPS →



ADVANCED REEF BREAK

Playa Negra

Fast, hollow right-hand reef break (Endless Summer II).

Access	Dirt	**Crowds**	High
Wind	E	**Size**	1m - 2.5m

SEARCH PLAYA NEGRA BASECAMPS →

NICOYA & CENTRAL PAC



INTERMEDIATE+ BEACH BREAK

Santa Teresa

Punchy, hollow beach break stretching for miles. Strong jungle vibe.

Access	Dirt	**Crowds**	High
Wind	NE / E	**Size**	1m - 3m

SEARCH SANTA TERESA BASECAMPS →



BEGINNER / INT. BEACH BREAK

Nosara (Playa Guiones)

An absolute swell magnet. Mellow face perfect for learners.

Access	Dirt	**Crowds**	High
Wind	E	**Size**	0.5m - 2.5m

SEARCH NOSARA BASECAMPS →



BEGINNER / INT. BEACH & REEF

Mal Pais

Rugged and spread out. Mix of reef and beach peaks.

Access	Med	**Crowds**	Low/Med
Wind	E	**Size**	0.5m - 2m

SEARCH MAL PAIS BASECAMPS →



BEGINNER / INT. BEACH BREAK

Jaco Beach

Closest surf town to San Jose. Learner friendly on small days.

Access	Paved	**Crowds**	High
Wind	NE / E	**Size**	0.5m - 2m

SEARCH JACO BASECAMPS →



ADVANCED | BEACH BREAK

Playa Hermosa (Central)

Heavy, steep, fast beach break south of Jaco. A board snapper.

Access	Paved	**Crowds**	High
Wind	NE / E	**Size**	1m - 3m+

SEARCH HERMOSA BASECAMPS →



BEGINNER / INT. | BEACH & REEF

Esterillos Oeste

Long, mellow rides. Perfect for longboards.

Access	Easy	**Crowds**	Low/Med
Wind	NE / E	**Size**	0.5m - 2.5m

SEARCH ESTERILLOS BASECAMPS →

SOUTH PACIFIC



INTERMEDIATE+ | RIVERMOUTH

Dominical

Heavy, powerful rivermouth setup. Consistent but unforgiving.

Access	Paved	**Crowds**	Med
Wind	NE / E	**Size**	1m - 3.5m

SEARCH DOMINICAL BASECAMPS →



ADVANCED POINT BREAK

Pavones

World-class, legendary left. Needs a big S swell to connect.

Access	Remote	**Crowds**	Med/High
Wind	NE	**Size**	1m - 3m

SEARCH PAVONES BASECAMPS →



ADVANCED POINT BREAK

Cabo Matapalo

Pristine jungle point breaks across the gulf from Pavones.

Access	4x4	**Crowds**	Low
Wind	N	**Size**	1m - 3m

SEARCH MATAPALO BASECAMPS →

CARIBBEAN



ADVANCED REEF BREAK

Salsa Brava

The heaviest wave in CR. Fast, hollow, shallow reef.

Access	Easy	**Crowds**	High
Wind	S / SW	**Size**	1.5m - 4m

SEARCH BASECAMPS →



BEGINNER / INT. BEACH BREAK

Playa Cocles

Popular Caribbean beach break. Punchy waves.

Access	Easy	**Crowds**	High
Wind	S / SW	**Size**	1m - 2.5m

SEARCH BASECAMPS →

Mission 01 Complete?

Drop zones identified. Proceed to locate the optimal basecamp.

INITIATE BASECAMP SEARCH →

MISSION 02

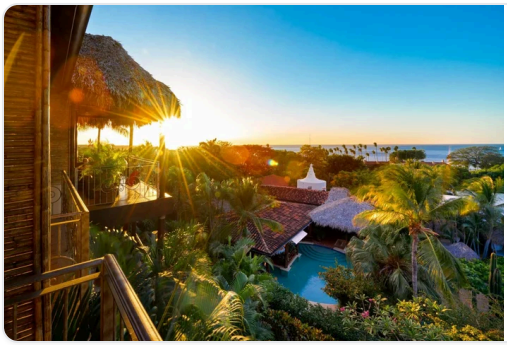
BASECAMP LOCATOR

Verified lodgings and staging grounds across Costa Rica's main surf zones.

GUANACASTE REGION

TAMARINDO

"The most accessible entry point in Costa Rica"



SURF CAMP MIDRANGE

from $135/night

Iguana Surf Camp

Directly across from the break. Best-stocked surf shop in town.

PRO TIP: Swap your board out every couple of days to feel how different shapes ride.

Check Availability →



RESORT LUXURY

from $180/night

Hotel Tamarindo Diria

Full resort on the beach. Best for comfort after sessions.

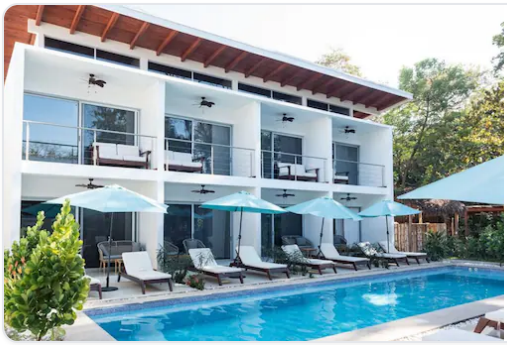
PRO TIP: The ocean-view junior suite is worth the upgrade to watch sets at dawn.

Check Availability →

CHECK MORE OPTIONS IN TAMARINDO →

NOSARA

"Where serious surfers and serious yogis coexist"



SURF HOTEL MIDRANGE

from $120/night

Ride On Surf Hotel

Highly rated surf hotel near Playa Guiones. Great pool and comfortable rooms.

Check Availability →



BOUTIQUE LUXURY

from $160/night

La Negra Surf Hotel

Stylish boutique hotel blending surf culture with excellent design.

Check Availability →

NICOYA PENINSULA

SANTA TERESA



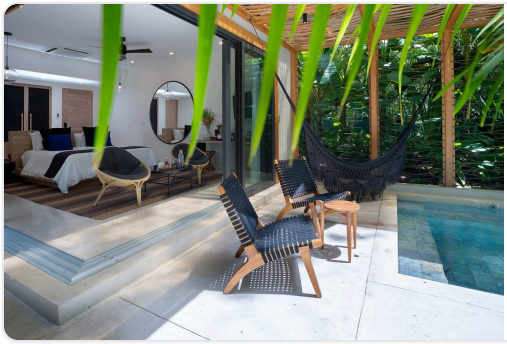
SURF HOSTEL BACKPACKER

from $30/night

Zeneidas Surf Garden

Vibrant communal atmosphere right on the beach with a skate bowl.

Check Availability →



BOUTIQUE LUXURY

from $350/night

Nantipa

Tented bungalows with private plunge pools on the beach. Absolute luxury.

Check Availability →

CENTRAL PACIFIC

JACÓ & HERMOSA



HOSTEL BACKPACKER

from $25/night

Room2Board Hostel

Surf-focused hostel with a proper community feel. Pool, board rental, good breakfast.

Check Availability →



HOTEL MIDRANGE

from $120/night

Hotel Club del Mar

Located at the southern end of Jacó beach, away from the party strip.

Check Availability →



BOUTIQUE HOSTEL BACKPACKER

from $45/night

Koru Village Boutique Hostel

A beautifully designed boutique hostel right in the heart of Uvita. Great pool area.

Check Availability →



BOUTIQUE HOTEL LUXURY

from $145/night

Alborada Boutique Stay

Intimate boutique hotel offering a serene escape after a day in the heavy Pacific surf.

Check Availability →

SOUTH PACIFIC

DOMINICAL



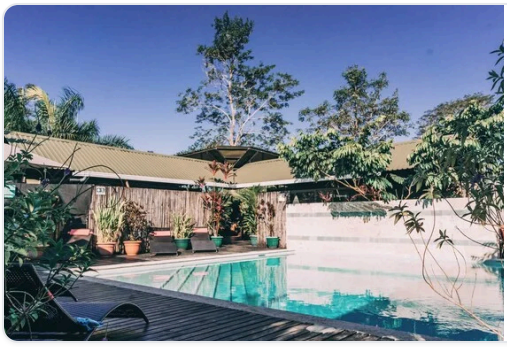
BOUTIQUE MIDRANGE

from $70/night

Hotel Tropical Sands

Charming, family-run boutique hotel set within lush tropical gardens.

Check Availability →



ECO-RETREAT MIDRANGE

from ~$100/night

Danyasa Eco-Retreat

Premium upcycled shipping container rooms surrounded by lush jungle.

Check Availability →

PAVONES



CONDOS LUXURY

from $200/night

Pavones Point

Premium condominiums right at the edge of the famous point break.

Check Availability →



SURF LODGE MIDRANGE

from $110/night

Casa Suenos

A quiet, beautifully maintained boutique lodge. Perfect sanctuary.

Check Availability →

CARIBBEAN COAST

PUERTO VIEJO



CABINS BUDGET

from $35/night

Cabinas Hukats Secret Jungle

Tucked away from the noisy main road. Authentic, raw jungle experience.

Check Availability →



BOUTIQUE LUXURY

from $130/night

Saranda Boutique Hotel

A highly aesthetic, modern boutique hotel located near Playa Cocles.

Check Availability →

Mission 02 Complete?

Lodgings identified. Proceed to calculate deployment costs.

INITIATE BUDGET PLANNER →

MISSION 03

TACTICAL BUDGET FORECAST

Logistical breakdown and cost analysis for 3 distinct deployment scenarios in Costa Rica.

1. THE REALITY CHECK

Operator, deploying to Costa Rica requires precision. Without a calculated budget, logistical friction will drain your resources before you even paddle out. Costa Rica is the crown jewel of Central American surfing, but it is not a cheap destination. Gone are the days of surviving purely on $5 a day and sleeping on the beach. Today's missions require tactical financial planning to secure optimal vehicles, reliable gear transport, and strategic basecamps.



RUN YOUR OWN NUMBERS

Need to calculate costs for a 14-day trip with a 4-person squad? Want to compare 4x4 rental prices vs overland shuttles? Use our live interactive Budget Planner to generate exact deployment costs.

ACCESS LIVE CALCULATOR →

2. BASELINE PARAMETERS

If you haven't run your own intel through the live calculator, we've pre-configured three standard operational blueprints below. All three scenarios execute under the following fixed baseline parameters:

DURATION	SQUAD SIZE	CURRENCY	DAILY BUFFER
10 Days	1 (Solo)	USD ($)	$15 / Day

*** AIRFARE ADVISORY:** International flight costs are highly volatile depending on your departure origin. Therefore, an estimated baseline of $700 is listed separately from the on-the-ground operational costs.

3. SCENARIO 01: "FIELD RATIONS"

THE BARE-BONES BUDGET DEPLOYMENT

> *"You are here for the waves. You do not mind shared spaces, you prefer public transport to expensive rentals, and you're happy cooking your own meals to stretch your funds as far as possible."*

LOGISTICS	SELECTION DETAILS	EST. COST
Accommodation	Hostel (Dorm beds & fans)	**$200**
Food & Dining	Local Sodas & cooking casados	**$300**
Transportation	Public shuttles & buses	**$200**
Surfboards	Bring your own (Airline flat fee)	**$120**
Activities	Surf only (Free beach hangs)	**$0**
Insurance	Basic travel health coverage	**$32**
Buffer	Drinks & Tips ($15/day)	**$150**
TOTAL GROUND COST		**$1,002**

4. SCENARIO 02: "STANDARD KIT"

THE MIDDLE-GROUND COMFORT DEPLOYMENT

> *"The perfect middle-ground approach. You want private, air-conditioned sleep, the freedom of your own 4x4 vehicle to hunt remote breaks, and a few good meals out at cafes without completely blowing the bank."*

LOGISTICS	SELECTION DETAILS	EST. COST
Accommodation	Standard Cabina (Private & A/C)	**$700**
Food & Dining	Eating out daily at local cafes	**$600**
Transportation	4x4 Rental (Freedom & gas)	**$800**
Surfboards	Bring your own (Airline flat fee)	**$120**
Activities	A few guided tours (Ziplining)	**$200**

5. SCENARIO 03: "OFFICER GRADE"

THE ZERO-FRICTION PREMIUM DEPLOYMENT

> *"You have limited time off and you want it handled perfectly. High-end surf recovery, premium steaks, fully guided excursions, and absolutely zero logistical friction from the moment you hit the tarmac."*

LOGISTICS	SELECTION DETAILS	EST. COST
Accommodation	Premium Resort or Luxury Boutique	$2,000
Food & Dining	Fine dining, steaks, and cocktails	$1,000
Transportation	Premium 4x4 Rental	$800
Surfboards	Rent locally (Skip airport hassle)	$200
Activities	Action Packed (Scuba, ATV rentals)	$600
Insurance	Action Sports (Covers surf gear)	$58
Buffer	Drinks & Tips ($15/day)	$150
TOTAL GROUND COST		$4,808

Mission 03 Complete?

You've secured the budget. Now it's time to figure out how to navigate the dirt roads and border crossings.

MASTER TRAVEL LOGISTICS →

MISSION 04

TRAVEL LOGISTICS

Bureaucracy, transportation, and risk mitigation. Master the ground game to ensure a flawless infiltration into the lineup.

CURRENCY: COLÓN & USD | POWER: 120V (US TYPE A/B) | EMERGENCY: 911

1. AREA OF OPERATIONS OVERVIEW



THE ICONIC ARENAL VOLCANO

THE LAY OF THE LAND

Costa Rica is politically stable, incredibly safe for tourists, and operates heavily on eco-tourism. The geography is split by a central mountain range, creating two distinct coastlines: the rugged, surf-heavy Pacific side, and the lush, laid-back Caribbean side.

2. AIRPORT INFILTRATION

Costa Rica has two primary international airports. Choosing the wrong one can add 6+ hours of grueling driving to your trip.

Liberia (LIR) — GUANACASTE

Best for: Tamarindo (1.5 hrs)

Best for: Nosara (2.5 hrs)

Not for: Caribbean or South Pacific

San José (SJO) — CENTRAL / SOUTH

Best for: Jaco / Hermosa (1.5 hrs)

Best for: Dominical (3 hrs)

Best for: Puerto Viejo (4 hrs)

3. VISAS & BUREAUCRACY



CUSTOMS & ENTRY CLEARANCE

⚠ THE "ONWARD TICKET" RULE

You **MUST** have proof of an outbound ticket leaving Costa Rica within your 90-day tourist visa window. If you show up to your departure airport without a return flight or a bus ticket out of CR, the airline will deny you boarding. No exceptions.

90-Day Tourist Visa: Automatic for most North American/European passports.

Passport Validity: Must be valid for at least 3 months beyond departure date.

4. GROUND TRANSPORT

Rent a 4x4 (Highly Recommended)

If you are visiting spots like Santa Teresa, Nosara, or Pavones, high clearance and 4-wheel drive are non-negotiable. Mandatory liability insurance is required by law and often doubles the quoted online price.

SURF TOWN	FROM SJO	FROM LIR
Tamarindo	4.5 - 5 Hours	**1.5 Hours**
Nosara	5 - 5.5 Hours	**2.5 Hours**
Santa Teresa	5.5 Hours (incl. Ferry)	**4.5 Hours**
Jaco / Playa Hermosa	**1.5 - 2 Hours**	4 - 4.5 Hours
Dominical	**3.5 - 4 Hours**	5.5 - 6 Hours
Puerto Viejo	4.5 - 5 Hours	**8+ Hours**

5. CLIMATE & SWELL SEASONS

Costa Rica doesn't have a traditional winter or summer. Instead, the year is split by rainfall and swell direction.

DRY SEASON (VERANO)

DECEMBER - APRIL

Offshore winds rule Guanacaste. Clear skies, dirt roads are dry. Catches smaller NW swells.

Best for: Beginners, longboarders.

GREEN SEASON (INVIERNO)

MAY - NOVEMBER

Glassy mornings, heavy afternoon downpours. Catches massive, consistent S/SW swells.

Best for: Advanced surfers hunting size.

Annual Climate & Swell Matrix (Pacific Coast)

TIMEFRAME	PHASE	TEMP	AVG SWELL SIZE & SOURCE
Dec - Feb	PEAK DRY	88°F Air	**2-4 ft** (NW)
Mar - Apr	LATE DRY	92°F Air	**3-5 ft** (Mixed)
May - Jun	EARLY GREEN	88°F Air	**4-8 ft** (SW)
Jul - Aug	PEAK SWELL	86°F Air	**6-10+ ft** (XL SW)
Sep - Oct	HEAVY RAIN		**4-8 ft** (SW)

6. CULTURE & CONNECTIVITY

Understanding the local rhythm and ensuring your comms are locked in is the quickest way to earn respect and navigate efficiently.

The "Pura Vida" Philosophy: Translates to "Pure Life". It's a greeting, a farewell, and an excuse for when things don't go according to plan. Embrace "Tico Time"—buses will be late, food might take a while. Relax and go with the flow.

Lineup Etiquette: Locals are very welcoming, provided you show respect. Always say hello ("Buenas") when paddling out. Do not back-paddle the locals, wait your turn, and apologize if you mess up.

WiFi & Power Outages: Most surf camps and cafes offer solid WiFi. However, severe rainstorms frequently knock out local power grids. Have a backup power bank.

Don't hunt for SIM cards. Download a travel eSIM before you board.

Get Yesim eSIM →

7. OFF-DAY OPERATIONS (TOURS)



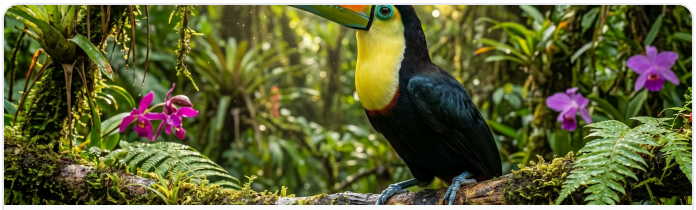
Canopy Zip-lining

Fly through Monteverde's cloud forest canopy.



ATV Jungle Runs

Navigate muddy jungle trails to hidden waterfalls.



Wildlife Safaris

Spot sloths and toucans in Manuel Antonio.



Hot Springs

Recover in the geothermal baths at Arenal Volcano.

Mission 04 Complete?

Ground game mastered. Proceed to physical training prep.

INITIATE PHYSICAL PREP →

MISSION 05

PHYSICAL PREP & TRAINING

Paddle endurance, heat acclimation, and surf-specific mobility. Condition your body so you don't gas out on day two of the swell.

WATER: 82°F – 86°F CURRENTS: HEAVY SWEEPS TIDES: 10FT SWING

1. THE REALITY CHECK

Surfing in Costa Rica is physically demanding. You are paying for a trip to surf 3 to 6 hours a day in equatorial heat. If you arrive out of shape, your trip will consist of one good session followed by three days of agonizing shoulder fatigue and sunburn recovery.

THE LANDLOCKED TRAP

You cannot replicate surfing with standard gym lifting. Bench presses will not prepare your rotator cuffs for fighting a 4-knot rip current at Playa Hermosa. You need targeted endurance.

2. 4-WEEK TRAINING SCHEDULE

TIMELINE	FOCUS	WORKOUT 1	WORKOUT 2	WORKOUT 3
Wk 1 T-Minus 4	**Baseline**	400m Steady Pool Swim OR Banded Pull-downs	Explosive Pushups, Bulgarian Split Squats	Deep Squat Holds, 90/90 Hip Stretch
Wk 2 T-Minus 3	**Explosive**	10× 50m Pool Sprints OR Row/Bike Sprints	Pop-Up Burpees, Kettlebell Swings, Pull-Ups	Thoracic Rotations + 15 min Sauna
Wk 3 T-Minus 2	**Peak**	10× 50m Sprints + 400m Steady Swim	All 6 Strength & Power exercises	All 6 Mobility Ops + 20 min Sauna
Wk 4 T-Minus 1	**Taper**	20 min easy swim or light jog	All 6 Post-Surf Recovery exercises	Stop heavy lifting. Start electrolytes.

3. PADDLE ENDURANCE

POOL TRAINING

Warmup: 200m easy freestyle. Intervals: 10 × 50m sprints (rest 30s). Endurance: 400m steady pace.

LAND TRAINING

Banded straight-arm pull-downs (3x50). Assault Bike or Rowing machine sprints. Battle Ropes.

4. STRENGTH & POWER

01. Explosive Pushups

3 sets of 10. Push up hard enough that your hands leave the ground.

02. Pop-Up Burpees

3 sets of 15. Spring into your surfing stance instead of jumping straight up. Eyes forward.

03. Kettlebell Swings

4 sets of 15. Builds explosive hip hinge power and posterior chain strength.

04. Strict Pull-Ups

3 sets to failure. Directly targets your latissimus dorsi.

05. Bulgarian Split Squats

3 sets of 10 per leg. Isolates and strengthens each leg independently for asymmetric stance.

06. Med Ball Russian Twists

3 sets of 20. Develops the deep, rotational core strength for carving sharp turns.

5. MOBILITY & RECOVERY

Pre-Surf Mobility

1. **Cobra / Upward Dog:** Stretches lower back.
2. **Deep Squat Holds:** Opens hips and ankles.
3. **Thoracic Rotations:** Improves twisting capacity.
4. **Lizard Lunge:** Deep hip opener.
5. **90/90 Hip Stretch:** Hip rotation mobility.
6. **Dynamic Hamstring:** Loosens posterior chain.

Post-Surf Recovery

1. **Pec Smash:** Lacrosse ball on front shoulder.
2. **Thread the Needle:** Opens upper back.
3. **Child's Pose:** Deeply stretches the lats.
4. **Downward Dog:** Relieves calves and hamstrings.
5. **Supine Twist:** Neutralizes lower back arch.
6. **Trapezius Stretch:** Relieves neck paddling tension.



Don't guess your workouts. Join Surf Strength Coach Chris Mills for a 12-Week Guided Prep Program to radically enhance your surfing and build unbreakable paddle endurance.

GET THE SURF ATHLETE APP →

MISSION 06

GEAR ESSENTIALS

The definitive packing list. Know exactly what to pack in your board bag and what you should buy locally to avoid excess baggage fees.



PRE-DEPLOYMENT GEAR AUDIT

1. QUIVER & SURF HARDWARE

PACK	ITEM	INTEL
☐	**10mm Travel Boardbag**	A heavy-duty double bag with wheels will save your shoulders.
☐	**Lightweight Day Bag**	Crucial for strapping to a quad or throwing in a hot 4x4.
☐	**4x Tropical Wax**	Water temp is 82°F+. Cold water wax will melt instantly.
☐	**2x Extra Leashes**	Heavy beach breaks will snap old leashes. Bring a spare.
☐	**Extra Fins & Key**	Reefs and rivermouths eat fins. Don't let a lost fin ruin the trip.
☐	**UV Cure Ding Repair**	Fix minor cracks instantly in the sun. Crucial for remote spots.

2. SUN, ELEMENTS & RECOVERY

PACK	ITEM	INTEL
☐	**Perf. Boardshorts**	4-way stretch, quick-drying fabric to prevent severe chafing.
☐	**Reef-Safe Zinc**	Standard lotions wash off. You need thick, physical zinc.
☐	**UPF Rashguard**	Saves you from board rash and midday sun exposure.
☐	**DEET Bug Spray**	Mosquitoes at dawn/dusk are relentless. Dengue is present.

3. TECH & COMM OPS

PACK	ITEM	INTEL
☐	**Travel eSIM (Data)**	Skip the physical SIM lines. Download an eSIM for instant data.
☐	**Action Camera**	The only way to properly capture your POV inside a barrel.
☐	**Waterproof Dry Bag**	Crucial for boat strikes to Witch's Rock or on an ATV.
☐	**High-Cap Power Bank**	Power grid drops are standard. Keep your GPS charged.

4. THE "SKIP IT" LIST

✕
Full Wetsuits
The water is 80-84°F year-round. A 2mm spring suit is only acceptable if you get cold easily.

✕
Formal Wear / Nice Shoes
Costa Rica surf towns are incredibly casual. Flip-flops and boardshorts are standard attire.

✕
Excessive Cash (USD)
ATMs are in every major surf town. Almost everywhere accepts credit cards.

✕
Camouflage Clothing
It is actually illegal to wear camouflage clothing in Costa Rica (reserved for military/police).



Operation Complete.

YOU ARE CLEARED FOR DEPLOYMENT

"That's it, operator. You have the full briefing. You know where to drop, where to sleep, how to budget, and exactly what to pack. Double-check your gear, secure your flights, and I'll see you in the lineup. Good luck out there."

— Mikey