

Packing Information for Team TACTICA

PACKING TIPS

1. Hat & insect repellent
2. Sunscreen & sunglasses
3. Power bars etc. in case you run out of energy
4. Hand sanitizer
5. Camera
6. First aid kit + Imodium or something similar
7. Tylenol / Motrin
8. Passport and Drivers License and copies of each
9. Slacks, shorts and short sleeve knit shirts (you probably won't wear jeans very much)
10. Swim suit (hotels) & alarm clock
11. Laundry facilities will be available in your room for the first 6 days.
12. Backpack or bag to carry your gear to training
13. Departmental patches, badges, shirts, stickers etc. for gifts to the police
14. Reading material for plane trip
15. Take a phone card that you can make overseas calls with: MCI etc. (We have Vonage phone at our house for emergencies) Also, our cell phone has free incoming calls, even from the USA.
16. If you have a cell phone that works anywhere in the world, bring it.
17. Fanny Pack- or something secure to keep your money and passport in if you don't want to carry your backpack everywhere you go.
18. Remember to take enough of all medications / prescriptions for entire trip.
19. Visa and Master Card are accepted almost everywhere. We will help you w/ exchanging local currency for any souvenirs gifts. Most larger stores accept American dollars in \$10 and \$20 bills. *
20. ** CALL YOUR BANK /Credit Card company before coming. Advise them you will be in Costa Rica and that they should not TURN OFF your credit card when charges appear.

TRAINING UNIFORM

Pants- Tan-Khaki 5.11 tactical pants (recommended). They can be ordered form just about any police store (Galls, US Cav etc...) for around \$40/pair. OR if you don't want to spend \$40, then any Khaki colored cargo style pants will work.

Shirts- Team t-shirts will be ordered and provided for you after your arrival in Costa Rica

Boots- black shoes or black boots



5.11 Tactical pants (cotton) or the company offers a light-weight cotton/nylon combo called 5.11 TAC lite pro pants. FYI...many companies are offering a free tactical belt with the TAC lite pants.

EQUIPMENT

Police Equipment: Bring your gun belt, handcuffs, knives, baton (PR-24, collapsible, straight or similar style batons), multi tools, flashlights, **rubber or plastic** training guns and knives.

Uniforms: For the graduation ceremony and church services, please bring your class A uniform if it is suitable for warm weather and if not a class B. This will be our uniform for church service “officer appreciation”, graduation and any other special dinner or meeting with government officials.

NO-NO'S: Do not carry any knives, handcuffs or any other weapons on your person or in your carry on baggage. Please pack them in your suitcase.

DO NOT bring any firearms, magazines for weapons, tasers or ammunition.

EXCHANGE RATE (January 2009)

Rate is approx. 1 US dollar = 560 Costa Rican colones (CRC)

500 colones = approximately \$1. 2,500 Colones = approximately \$5.

MOST IMPORTANT

Prayer support: Remember to have as many people as possible praying for you, our team and the people we will be ministering to each day. Pray regularly *with your spouse* about your ministry here, her spiritual growth and safety while you are overseas, and that God would do a mighty work here!

COUNTRY INFORMATION

Visit www.costarica.com for more cultural and country information on Costa Rica.

WEATHER

In San José valley (where we live and where the SWAT training will take place) it is generally between 70 and 90 F, mostly sun, no rain, and very little humidity; cool evenings and mornings.

IMMUNIZATIONS:

None required. No concern for Malaria.

RECOMMENDATION:

About a month before you come, it is wise to start taking Acidophilus supplements. It can be found in health food stores, Walmart, Meijer, etc. Do not go for the least expensive, as the cheapest brands often only provide dead acidophilus spores. The supplement will help your body build its immune system so that you can fight the new germs that are often in water, and therefore often on food. Although you will only be served bottled water, teeth brushing, fruits and veggies, etc, often carry unavoidable and nasty bacteria. Another great idea / alternative: eat at least one yogurt daily starting one month before you come.