



Packing List

Packing List (Suggested)

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, Beach towel & alarm clock
11. Backpack or bag to carry your gear to training
12. Departmental patches, badges, shirts, stickers, equipment, etc. for gifts to the police
13. Team devotional book
14. If you have a cell phone that works anywhere in the world, bring it. Check and see if your stateside cell phone carrier will allow you to put international calling on your phone for the trip. (We have Vonage phone at the TMC for emergencies) Also, all of our cell phones have free incoming calls, even from the USA. The TMC will have internet so you can Skype or Face Time from your electronic device.
17. Fanny Pack- or something secure to keep your money and passport in if you don't want to carry your back-pack 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 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. Lorem ipsum dolor sit amet, ligula

Training Uniform

Tactica Uniform (see previous email for details)

OR

Pants- 5.11 tactical pants (recommended). They can be ordered from 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. 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.

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

Boots- black/tan shoes or black/tan boots

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, if you do not have a TACTICA uniform, 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

Rate is approx. 1 US dollar = 520 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!

Extra Information

Country

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

WEATHER

In San José valley (where we live and where the training will take place) it will be between 70 and 85 F, possibly rain; 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.