

# Costa Rica 2025

## INFORMATION & RECOMMENDATIONS

*Arrival Date* December 11, 2025

*Departure Date* December 15, 2025

*Destination:* Liberia, Costa Rica

### SUKHA WILL PROVIDE

- Food
- Drinks (non-alcoholic and alcoholic)
- Snacks
- Electrolytes
- First Aid Kit
- Ibuprofen
- Benadryl
- Sunscreen
- Aloe
- Bug Spray
- Yoga Mats
- Yoga Bands



### PACKING

With the understanding that packing for travel is very personal, we hope this will help so that you can pack as minimally as possible.

**As such, here are the items we suggest packing:**

- Yoga clothes – we have a total of 4 classes scheduled.
- Swimsuits and cover-ups – we will be at beach/pool or on a boat for all 3 days. There is also a pool at our Villa and the opportunity to paddleboard every day.
- Flip-flops or other sandals.
- WHITE outfit for a beach party.
- Two (2) sundresses or other beachy dinner outfits.



- Casual or loungewear for downtime.
- Light jacket for night
- Pajamas... or not, but you are sharing rooms... ☺
- Other essentials – toiletries, medication, make-up, hair products/tools, undies?

## WEATHER

In Liberia, Costa Rica, **December** marks the beginning of the dry season, bringing warm, sunny days and relatively low rainfall.

Here's a breakdown of what you can expect weather-wise:

### Temperature:

- Average high: 84°F (29°C).
- Average low: 72°F (22°C).
- Overall: Expect warm, comfortable temperatures ideal for outdoor activities.

### Rainfall:

- Chance of rain on a typical day: 19%.
- Average rainfall for the month: 12 mm (0.47 inches).
- Number of rainy days: Around 7 days with some rainfall.
- Overall: December is significantly drier than the preceding months, with only a small chance of rain.

### Sunshine and Daylight:

- Average daily sunshine hours: 6 hours.
- Average hours of daylight: 11.5 hours.
- Sunrise: Around 5:51 AM.
- Sunset: Around 5:22 PM.
- Overall: You can expect plenty of sunshine and daylight hours to enjoy your time in Liberia.

### Humidity:

- Average humidity: 79%.
- Overall: While still humid, it's less humid than the preceding months.

### Wind:

- Average wind speed: 3 m/s (a light breeze).
- Overall: You might feel a light breeze, especially near the coast.

### In summary:

*December in Liberia, Costa Rica, offers warm, sunny days with minimal rainfall, making it a great time to visit. You can enjoy comfortable temperatures, plenty of sunshine, and a relatively dry climate.*



## MISCELLANEOUS

### Waiver.

Although we do not anticipate needing this information, please fill out the **Participant Waiver and Release of Liability** in the event we do.

### Preference Sheet.

Please make sure you complete the **Preference Sheet** so that we can cater to **YOU**.

### Safety.

Overall: Liberia is considered safe for tourists, like other towns of its size in Costa Rica.

Petty Crime: While not overly dangerous, petty theft can occur, so it's important to keep your belongings secure and avoid leaving valuables in your car.

Nighttime: It's generally recommended to avoid walking alone at night, especially in poorly lit areas or on beaches.

Downtown: The downtown area is generally considered safe to walk around during the day.

### Precautions:

- **Valuables:** Be mindful of your belongings and avoid displaying expensive jewelry or watches.
- **Awareness:** Be aware of your surroundings, especially in crowded areas or late at night.

### Cash.

Cash can be difficult to obtain. We do not anticipate you needing any/much cash, but if you do want to have some, we recommend you bring it with you.