



# 9-Day Itinerary

## Sample Custom Course 2013

### Scuba Diving Emphasis

Your trip begins with your arrival to our San Ramon de Tres Rios base. There you will be briefed on your course's activities, receive orientation and meet your instructors. The next day the group will head to Bocas del Toro, Panama to participate in a 4-day Scuba certification course. The students will enjoy diving in the archipelago during the day and camp out in the evenings overlooking the ocean. The final day in Panama the group will sail the clear waters surrounding Bocas del Toro and reflect on their newly-learned Scuba skills! Upon completion of their time in Panama, participants will be transferred back to our San Ramon de Tres Rios base in Costa Rica for their final dinner and farewell with instructors.

We are happy to work with you to maximize your chosen itinerary. If you would like to see activities moved around or altered, please let us know. We will do our best to accommodate your vision!

Please note that prices are based upon number of days on course and number of participants. We will make adjustments to cost based upon actual group size. Day 1 activities take into account a potential late arrival into San Jose. The schedule can be altered and/or expanded if the actual arrival time will allow.

Allison Bates  
Custom Course Manager  
Costa Rica Outward Bound

#### Day-1

Fly in to Costa Rica via Juan Santamaría International Airport (SJO) and travel to the Costa Rica Outward Bound base in San Ramon de Tres Rios (transportation provided).  
Duffel shuffle in preparation for Panama.

#### Day-2

Transfer to Bocas del Toro, Panama in CROB ground transportation.  
After arrival and setting up camp, participate in night snorkeling.

#### Day-3

Scuba instruction and training all day.

#### Day-4

Spend the day diving, implementing the skills learned during training.

#### Day-5

Day 2 of diving.

#### Day-6

Final day of diving, followed by exam for Scuba certification.

#### Day-7

Day of sailing in Bocas del Toro (a great reward for having completed your Scuba certification!)

#### Day-8

Transfer to San Ramon de Tres Rios, Costa Rica base.  
Final dinner with instructors and CROB staff and farewell.

#### Day-9

Fly-out via Juan Santamaría International Airport (SJO) – transportation to airport provided, but please note that all passengers will need to pay a US\$28 international exit tax – this fee is not covered by the course tuition.