

Panama

Suggested Packing List



PLEASE PACK LIGHTLY!

Soft luggage is much easier for us to pack in a vehicle than a more rigid hard sided piece, so if you have the choice, please use your soft luggage. Be sure to have your name and address on the inside of the bag, as well as on the luggage tag on the handle. It is our hope that you can pack in one suitcase that does not exceed 50 pounds. Be sure to pack your personal medication, airline tickets, passport, binoculars, camera, and other essential items in your carry-on bag. You will want a daypack for field trips, so this is the ideal carry-on. We recommend checking with your airline a week or so before your departure to verify luggage weight and size restrictions.

Dress is very informal. Lightweight long sleeve shirts and long pants make ideal field clothing as they are more protective from sun, insects and vegetation. But if you like to wear them by all means bring some shorts. Also, choose clothing you don't mind getting dirty – and things that are comfortable and easy. A light jacket should be enough in the cooler evenings and on boat rides.

Note on clothing colors and insect repellent: We recommend muted colors of tan, brown, khaki, grey or green, as they are spotted less easily than white or bright colors; though camouflage clothing is not recommended. It is possible to purchase field clothing permeated with insect repellent; two options are Craghoppers Insect Shield (<https://www.craghoppers.com/us/insect-repellent-collection/>) and Exofficio's Bugs Away (<http://bit.ly/2eLstpg>) collections. Another approach is to purchase Permethrin spray (online or from REI) to treat your field clothing and socks before your departure.

Clothing and Gear

- _____ Lightweight long pants, 2 pair
- _____ Lightweight long-sleeved shirts
- _____ Shorts (optional)
- _____ T-shirts or equivalent (3-4 recommended – remember you may be buying some there)
- _____ Personal underclothing
- _____ Socks – lightweight, long enough to tuck your pants into, and easy to wash and dry
- _____ Comfortable clothes for evening (a cleaner version of your field clothes or a skirt, sundress, etc.)
- _____ Hat with broad brim
- _____ Bandana, gel bandanas work well to keep cool
- _____ Comfortable walking shoes and lightweight hiking boots – (good tread and support is essential!)
- _____ Sandals for evenings, travel days (optional)
- _____ Lightweight raincoat or poncho
- _____ Lightweight jacket, fleece fabric is ideal
- _____ Bathing suit
- _____ Field vest (optional), a great source is Big Pockets <http://www.bigpockets.com/>

Equipment and Miscellaneous

- _____ E-ticket confirmation
- _____ Passport with 6 months validity from date of exit from Panama, health card with current vaccinations (including for Covid-19), and a photocopy of your passport i.d. page to keep in a separate location
- _____ Money pouch, or someplace to carry your money and passport with you at all times
- _____ Small daypack/tote bag to carry gear while in vehicles
- _____ Binoculars (a hotel shower cap is great to cover these when it is raining...)
- _____ Spotting scope and tripod (optional)
- _____ Camera and extra batteries, film, lens cleaning supplies and your instruction manual (optional)
- _____ Phone – smartphones with good cameras are great for digiscoping
- _____ Umbrella – compact and not brightly colored
- _____ Walking stick (optional, but recommended if you have one)
- _____ Small daypack or fanny pack for carrying your field gear
- _____ Small flashlight with fresh batteries
- _____ Alarm clock, or use your cell phone
- _____ Sunscreen/Chapstick 30+ SPF
- _____ Sunglasses with neck strap
- _____ Insect Repellent (something containing DEET, and sulphur powder or other for chiggers if you can find it)
- _____ Toiletry articles: shampoo and conditioner, dental supplies, razor, emery boards, hairbrush/comb, tweezers, hand lotion, feminine hygiene, deodorant, pain reliever
- _____ Chargers for cameras and/or phones
- _____ Three prong adapters, if needed (most outlets will have standard three prong outlets (same as in the USA & Canada))
- _____ Rechargeable power bank (optional)
- _____ Water bottle
- _____ Notebook or journal and pen (optional)
- _____ Spanish phrase dictionary
- _____ Field guides (optional)
- _____ Washcloth
- _____ Small bottle of antibacterial hand soap
- _____ Extra Ziploc bags
- _____ Steri-Pen or other UV water treatment device to help cut down on the use of plastic bottles (optional)

WE DO NOT RECOMMEND TRAVELING WITH PRECIOUS OR VALUABLE JEWELRY – don't tempt anyone and don't bring things you'd regret losing - your mind will be at ease!

Medical and First Aid Items

- _____ Personal medication (and copy of vital prescriptions)
- _____ Motion sickness preventatives if likely to be needed on bus, van, drives, etc.
- _____ Personal first aid kit and medications for general ailments
- _____ Copy of eyeglass prescription, copy of medical prescriptions, and any medical alerts
- _____ Insurance information

- _____ Extra pair of eyeglasses or contacts
- _____ Band-Aids, moleskin to protect against blisters

Travel Insurance

Naturalist Journeys strongly recommends that you purchase travel insurance. There is a link to Allianz Travel Insurance at the bottom of our email messages, and on our website. Please let us know if you need a travel insurance brochure and we'll send it right out to you.