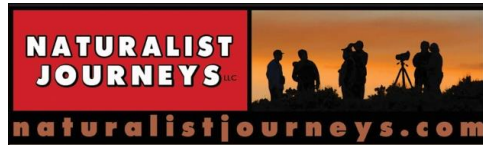


Panama: Birding & Nature With Naturalist Journeys



Suggested Packing List

PLEASE PACK LIGHTLY!

Soft luggage is much easier for us to pack 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 checked suitcase that does not exceed 45 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 day pack for field trips, so this is an ideal carry-on. Please reconfirm your airline's baggage weight and size restrictions about a week or so before departure.

Canopy Camp: Daytime temps range from the mid-70s°F (23°C) to the upper 80s°F (31°C). Nighttime temps are mid-to-low 70s°F (21°C). Expect rain most days.

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: Please don't wear white in the field! 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 (www.craghoppers.com/us/nosilife) and Exofficio's Bugs Away (www.exofficio.com/bugaway) collections. Another approach is to purchase Permethrin spray (online or from REI) to treat your field clothing and socks before your departure.

Clothing & 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, poncho, or small umbrella
- _____ Lightweight jacket, fleece fabric is ideal
- _____ Bathing suit (optional, hotel in Panama City)
- _____ Field vest (optional), a great source is Big Pockets (<http://www.bigpockets.com/>)

Equipment & Miscellaneous

- _____ E-ticket confirmation
- _____ Passport, health card with current vaccinations, 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)
- _____ Small power strip if you will be charging multiple devices (optional)
- _____ Rechargeable power bank (optional)
- _____ Water bottle
- _____ Notebook or journal and pen (optional)
- _____ Spanish phrase dictionary (optional); Spanish dictionary phone apps are also helpful
- _____ Field guides (optional) or phone app field guide
- _____ 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 & 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 (Imodium or Lomotil, antacids, Antihistamine cream or tablets, Eye drops, etc.)
- _____ Copy of eyeglass prescription and any medical alerts
- _____ Insurance information
- _____ Extra pair of eyeglasses or contacts
- _____ Band-Aids, moleskin to protect against blisters
- _____ Hand sanitizer

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.