



Packing List

One of the many great things about Panama is the warm climate, and the warm water. The sun is always strong here with UV ratings regularly high to extreme, so sun protection is something to constantly be aware of to avoid a painful burn. Long sleeves and pants are always recommended for sun and bug protection. We want your experience here to be amazing, so we have created this list to help you be as prepared as possible:

****Please Remember your reusable water bottle to avoid plastic waste****

Personal Health

- Personal Prescriptions (insulin, inhaler, epi-pen, antihistamine, decongestant, pain reliever, mild laxative, mild sleep aid, etc.)
- Hand Sanitizer for each traveler in small pocket sizes (keep it in your pockets) and refill bottle
- Double layer mask – 2 per person
- Digital thermometer
- Disposable gloves
- Travelers' diarrhea antibiotic
- Glasses and contacts
- Condoms
- Ear Plugs
- Antifungal cream
- Medical alert bracelet or necklace if used
- Rash guard and tights for sun protection when surfing or snorkeling

When in the city, it is casual but customary for Men to wear long pants, collared shirts, and shoes rather than sandals

Clothing

- Lightweight long sleeve shirt and pants for sun and bug protection
 - We recommend this company for hikes: Outdoor Research
 - We recommend this company for water sports including fishing and boat tours: Waterlust and if you use this link, 20% of your purchase will be donated to our local Turtle Conservation Group.
- Shorts and short sleeve shirts (both quick dry and soft cotton)
- Bathing suits Waterlust are amazing!
- Rash guard and tights for sun protection when surfing or snorkeling: Waterlust!

- When in the city, it is casual but customary for Men to wear long pants, collared shirts, and shoes rather than sandals. Women typically wear skirts, dresses, and blouses. Jeans are OK too. Not everyone follows these rules, but you might find that you are more socially comfortable if you follow the custom.
- Public transportation ie, busses, can be cold so a light sweater is recommended
- The more obvious: underwear, socks, t-shirts,
- Women find a sarong is useful

Gear

- Sunscreen, lotion, lip balm, aloe gel (for sunburn),
 - Our recommended sunscreen for the face while surfing
- Bug repellent
- Camera extra battery if necessary
- Bring a USB with a good amount of storage if you want us to share adventure photos with you.
- A waterproof bag for your phone and/or camera and valuables for use while hiking, on the beach, or on a boat
 - Our recommended waterproof bags: Watershed
- Small backpack for use when going on day excursions. A hydration pack for carrying water is useful.
- Headlamp & batteries (maybe an extra as well because we often lose power here)
- Rain Gear is a good idea when out fishing or hiking at higher altitudes otherwise, its best just to wear quick-drying clothes and dry out when the rain stops because it is warm when it rains here.
- Travel umbrella for rain and sun protection
- Hat full brim hat for sun protection especially for being on the boat or a ball cap at least
- Sun protection for the neck if out hiking or on a boat all day
- Good book for reading
- Toothbrush, dental floss, toothpaste,
- Hairbrush, hair ties
- Sunglasses and an extra pair
- Spanish Phrasebook to help communicate
- Reusable water bottle to avoid plastic waste
- High Quality Binoculars
- Passport and Driver's License
- Guidebook for what you enjoy looking at and for kids to learn: birds, mammals, butterflies etc.
- Collapsible fishing pole to take advantage of the great fishing in the estuary and also the rocks along the shore
- Kids really like to wear goggles when swimming in the estuary and the surf
- Travel first-aid kit is always nice to have with: bandages, tape, tweezers, cotton swabs, Benadryl, antiseptic, painkillers, gauze, sterile dressings, tweezers, scissors, thermometer, antihistamines, sunburn treatment, insect repellent, insect bite treatment, medications for pre-existing conditions, condoms, rubber gloves, anti-diarrhea meds, indigestion/nausea meds like Pepto-Bismol, allergy medications, hydrocortisone cream, etc.

Footwear

- Sandals: flip flops for ease but if you want to go for a walk in sandals, it is recommended to wear a Chaco or Keen type sandal for better support and comfort
- Shoes: running/tennis shoes work well here and can be used on waterfall hikes if you don't have good solid sandals like a Chaco or Keen
- Shoes or nice sandals for the city

If the unfortunate happens and the airlines loses your luggage it can be devastating to your trip. However, with some helpful tips and a little more effort on your part you can make the recovery faster and/or get reimbursed more easily by the airlines in case it never gets recovered. Here are some ideas to help you:

Packing and Luggage Best Practices - It can be pretty devastating when the airlines loses your luggage or even worse - damages your surfboard. It's rare but just in case, here are some helpful tips to help in this situation:

- Lay out all the items in your luggage and take a photo for inventory just in case it gets lost for good by the airlines. This will speed up the reimbursement process by the airlines just in case.
- Take a photo of your surf boards and the serial #'s on the boards.
- Keep track of your baggage tags and take a picture of them just in case they get lost or damaged.
- Make sure your luggage has your contact information on an exterior luggage tag that's easy to read and attach one inside the bag in case the tag on the outside gets lost, ripped off, etc.
- Make your luggage look different from all the others out there. Most people have black roller luggage and can mistakenly take the wrong one, using a personal identifier that is obvious will help alleviate this problem.
 - Think bedazzler
 - Stickers
 - Colorful tags
 - Paint something cool with a stencil
 - Tracking device that be used with an app on your phone (remember you will need to ensure you have data to use your phone while traveling)
 - luggage belt/strap
 - Colored/patterned duct tape
- Make sure you know how much luggage is included free of charge with the purchase of your ticket and also the weight limitations, so you don't have to pack / unpack when you get to the ticket counter.
- Again, take a photo of your luggage *and* its contents in case you need to send it to the airlines to make it easier for them to find it in the event it gets lost.

Finally, a great attitude to experience a new country, a new culture, new food, and some great adventure! We are SUPER excited to see and meet you and if you have any questions or concerns at all, please let us know. We want you to have an amazing trip!