



# PANAMA PACKING LIST

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## GENERAL ITEMS

- [Travel pillow](#)
- Sunglasses
- Reading glasses or contacts (plus supplies)
- [Travel water bottle](#)
- [Hydration daypack \(if you'll be going on any long outings\)](#)
- [Headlamp](#)
- [Travel binoculars](#)
- [Travel towel](#)
- Journal & pen
- Ziploc baggies (to store items that can't get wet)
- Book(s)

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## TRAVEL DOCS, MONEY, ETC.

- Driver's license & photocopy of license (for all drivers)
- Passport & photocopy of passport
- ALL travel docs (itinerary, plane ticket, car rental and hotel info, etc.) ~ virtual & printed

- Maps & directions to your hotels and activities — virtual & printed
  - Cash (U.S. dollars) ~ many places in the country do not take credit cards!
  - Credit card(s) / Debit cards
  - Health insurance card
  - Travel insurance documents
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## ELECTRONICS

- Electric converters & plug adaptors (IF you're not from the U.S.)
  - Mobile phone and chargers (wall AND car)
  - Camera (AND charger, extra memory card and several batteries)
  - [Portable travel charger](#)
  - [Bluetooth speaker & charger](#)
  - Headphones (for your phone)
  - Travel apps (for language, directions, money conversion, etc.)
  - Kindle (and charger)
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## TOILETRIES

- Hairbrush/comb
- [Sunscreen for body and face](#) (please make sure it's SAFE for our reefs and your body!)
- Toothbrush & toothpaste
- Body lotion (I recommend Skin So Soft by Avon with bug repellent)
- Safe & effective deodorant

- Hair ties and/or headbands
- Face cleanser & face wipes
- Lip balm (with SPF)
- Bug repellent (the strong stuff during the rainy season)
- Feminine hygiene products
- Prescription meds (keep in original containers & put in carry on)
- Hand sanitizer
- Band-aids & blister protection
- First aid ointment
- Anti-itch cream
- Pain reliever
- Sunburn relief
- Nail clippers
- Shaving stuff
- Motion sickness medication (if you plan on whale watching, fishing, etc.)
- Antacid AND anti-diarrhea medication

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## CLOTHING

- Underwear
- Shorts (for most days)
- Lightweight long pants (1-2 pairs is generally enough)
- Short sleeve t-shirts/tank tops (ONE for each day unless you plan to do laundry)

- Casual dress
  - Bathing suits (at least two)
  - [Comfortable waterproof shoes](#) (good for daily use AND hiking)
  - Flip flops
  - Water shoes (for wearing in the ocean, rivers, etc.)
  - Hats (I recommend bringing two)
  - 2 pairs of socks
  - Lightweight rain jacket
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## FOOD

- Healthy snacks

Here are a couple of my favorites—both for their deliciousness and healthiness:

- [Organic beef sticks](#) (gluten free & high in protein)
- [Oloves](#) (gluten free)

- Gluten-free items (if needed)