

WHAT TO BRING - PANAMA

Packing List

Pack light! You'll be toting your own luggage around at the airports and hotels, so bring only what you need—ideally in one suitcase and one carry-on bag. No one ever returns home from tour and says, “ I wish I had packed more stuff”

We also ask travelers to be conscientious of cultural differences and pack accordingly. Keep in mind that some religious sites require that shirts cover the shoulders and arms and do not allow short skirts or flip-flops. Bare midriffs would also be inappropriate.

Clothing and Accessories

- Comfortable walking shoes (additional sandals recommended)
- Shirts
- Socks and underwear
- Watch – BE ON TIME
- Shorts/pants
- Pajamas
- Bathing suit – comfortable
- Raincoat/poncho – (recommended - may rain)
- Lightweight jacket or warm-up top (rather than bulky sweatshirts)
- Hat/sunglasses (optional)

Toiletries

- Toothbrush (include in carry-on)
- Toothpaste
- Towel
- Shampoo/conditioner
- Soap
- Deodorant
- Hairbrush/comb
- Sunscreen – not optional
- Insect Repellent
- Any medications (in addition to a copy of any prescription)
- Spare set of contact lenses/glasses (if applicable)
- Empty Water Bottle (reusable but cheap)

Money

- ATM card (optional - Call the bank prior to departure to alert them of the trip; foreign purchases sometimes result in a hold on bank accounts.)
- Personal credit card (optional)
- Spending money
- Money Belt for storing money and passport under clothing (available at travel stores, or online)

Electronics

- Some form of alarm clock – phone or other (many hotel rooms won't have one) – BE ON TIME

- An adaptor/converter **is not** needed
- Camera with extra batteries or chargers (Batteries can be expensive abroad.)
- If you plan on bringing a Cell Phone be sure to check with your carrier to understand all international charges.
- **Documents**
- Passport—it is required for travel. Remember to bring a couple photocopies of it (in case it is lost) and leave one copy at home
- A copy of the tour itinerary (we will provide it)
- A list of important phone numbers and addresses at home
- Copy of any prescriptions (Customs officials may want to verify that a container's contents match its label, so all medication should be carried in its original container.)

Carry-on bag

- The EF backpack is a perfect carry-on bag. Here's a short list of things travelers might need on the first day of the trip. These should be packed in the carry-on in case the checked luggage is delayed.
- Passport
- Money
- Airline ticket (we will get this at the airport)
- Toothbrush & Toothpaste (Check TSA guidelines)
- Contact lens case/glasses (to sleep comfortably on the plane)
- A change of clothes (in case luggage is delayed)
- Medication and bandaid
- Any valuables – Camera, electronics
- Travel Journal – should be small
- Pen with blue or black ink