

¡Hola Panamá! 2017 Packing List



Remember... “There are two kinds of travelers:
those that travel light, and those who wish they had.”

Apparel:

- Light sweatshirt or jacket for the plane, and cool evenings
- 4 pairs of shorts
- 7 t-shirts/tank tops
- 2 pairs of pants/jeans
- 1 ‘nice’ outfit
- 14-day supply of underwear
- 2 bathing suits
- Hat
- 1 outfit of ‘work clothes’ (stuff that can get dirty)
- Pajamas
- 1 pair sport shoes
- 4 pairs socks
- 1 pair sandals/flip flops
- 1 pair good walking shoes/sandals
- Light rain jacket or umbrella

Gear:

- Towel
- Shower toiletries (travel size recommended)
- Hair brush & hair ties
- Deodorant
- Toothbrush and toothpaste
- Contacts or glasses
- Sunglasses
- Phone and charger
- Headphones
- Camera (if separate from phone)
- [Mini laundry soap packet](#) (in case you want to hand wash any clothes)
- Reuseable water bottle
- Personal medication
- Notebook or scrapbook for journaling
- Pens
- Sunscreen (SPF30+)
- [Insect Repellent with Deet](#)
- PASSPORT** and photocopy of passport