

Packing List

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First and foremost, bring a positive attitude as it goes a long way when traveling!

This is a little difficult to put down as there are so many different variables. It depends on how long you are going to be traveling as well as what other areas in Panama you plan on visiting.

If you are arriving in Panama City and plan on visiting the coastline and/or other low lying areas such as David, It's hot and humid.

December through May is the dry season and you will experience little to no rain. June through November is the rainy season. If you are coming during the rainy season, pack a small retractable umbrella or a compact rain poncho.

Pack as light as you possibly can. Here are a few suggestions for your packing list:

- Jeans/Long Pants
- Capris
- T-shirts
- Long sleeve button down shirt
- Camera
- Bug spray
- Keep thinking "Light weight cotton clothes"
- Sweater or sweatshirt (evenings are cool in Boquete)
- Hat
- Sunglasses
- Sunscreen
- Walking shoes and hiking boots
- Ear Plugs
- Calamine lotion (in case the sunscreen or insect repellent doesn't work)
- "Broad Spectrum Antibiotic" just in case
- Imodium - No one wants to travel 7 hours on a bus if you have the trots!
- Sewing Kit
- Condoms (?)
- Roll of toilet paper or tissue pack
- Bandages

Things to avoid packing:

- Short skirts
- Shorts (unless visiting beach areas)
- Revealing clothing
- Jewelry

You will not see Panamanians wearing shorts or short skirts as it is not the culture here. Panamanians are rather conservative in dress and it is frowned upon otherwise.