



Packing List

This list is just our take on what we've found to be useful. If it doesn't say "mandatory" it's not!

DO NOT OVERPACK. You will get mad at yourself if you do! It is not fun hauling tons of luggage all over a country. You'll find yourself wearing the same few items anyway.

ALL PROGRAMS

- Laptop (*Only mandatory for Panama City-based interns*)
- San Miguel and Kalu Yala-based intern: *if you choose to bring any sort of technology please **BRING A DRY BAG FOR IT.***
- Silica packets (*to put with electronics and clothes while in San Miguel and Kalu Yala*)
- Water purification system or iodine pills (*Kalu Yala-based and San Miguel-based programs do not have potable water. This has 50 pills in it. The program is 77 days. Panama City-based interns- you will be visiting these venues so please pack accordingly.*) — **MANDATORY**
- Backpack for hiking into Kalu Yala — **MANDATORY**
- Luggage lock
- Sleeping bag
- Pillow
- Sunscreen
- Books for pleasure reading or that you already know you want for your project (*finding books in English in Panama is not easy and shipping them to Panama takes about a month.*)
- Books or materials that you plan to use for your project if they won't be easily available in Panama
- Thumb drive
- Camera
- Small speakers (*solar is a great idea, options available online*)
- Comfortable everyday clothes for the tropics
- Beachwear
- Sunglasses

BUSINESS, COMMUNITY OUTREACH, HEALTH & WELLNESS PROGRAMS

- Casual and light clothing
- Community Outreach interns: *"teacher appropriate" clothing required, i.e, long skirts, shirts that cover shoulders, full-length dresses, etc. Teachers and students dress conservatively in San Miguel.*
- Light sweater or long-sleeved shirt
- Personal clip fan for your bunk
- Business interns: at least one *nice outfit* for final presentations or possible meetings with business associates. *Jacket not required.*

KALU YALA - BASED PROGRAMS

- Biodegradable soap/shampoo — **MANDATORY**
- Day pack for hiking
- Large backpack for 10-day stints
- Dry bags (*large and small*)
- Two toiletry bags (*1 to keep in Kalu Yala with ALL biodegradable toiletries, the other to keep in San Miguel with everything you need for traveling*)
- Camping pillow
- Hammock
- Collapsible shelving (*optional but recommended for your own organization, should be hanging*)
- Two fitted twin size sheets for your air mattress (*one for the top, one for the bottom*)
- Headlamp/flashlight
- Hiking socks
- Water bottle/ Camelback
- Hiking Boots
- River shoes (with backs)
- Rubber muck boots (*available in Panama for \$13*)
- Raincoat
- Bandanas
- Athletic shorts
- T-shirts and tank tops
- Quick dry pants and/or shorts
- Light long sleeves
- Hat
- Bathing suits
- Sarong/ quick dry towel
- Sports bras
- Hand sanitizer
- Face/body wipes
- Baby powder
- Insect repellent
- Knife or multi-tool
- Compass
- Gardening/work gloves
- iPod and/or solar charger
- Handheld GPS

****A word on going out in Panama City***

Panama is metropolis with many clubs, bars and restaurants. Hispania, our city venue, is located in the urban center with access to the Ancon Theatre Guild, the National Theatre, local art galleries, and many other offerings of a developed city. Please bring a few nice outfits for going to events.

See you in the jungle!