# Packing List

# Mandatory Items for All Students

#### Luggage & Gear

Backpack

Dry bags for all personal items

Particularly recommended for cameras and all electronic equipment

Sleeping bag

Pillow

Travel/weather-resistant pillows are recommended.

Dirty-laundry bag

Blanket

Headlamp / flashlight

Camp coffee mug

Water bottle / <u>Camelbak (esp. for Biology program)</u>

#### **Personal Items**

Basic biodegradable toiletries:

Kalu Yala Valley students must use biodegradable toiletries. All other students are required to bring travel-sized biodegradable toiletries for the valley.

Sunscreen

Insect repellant

Detergent

Journal / sketchbook

Non-perishable snacks

#### **Clothing & Accessories**

Comfortable clothing

Quick-dry fabrics are recommended.

Athletic clothing

Rain jacket

Hiking shoes

Beachwear

Several "going out" outfits

Sweatshirt & sweatpants

Light sweater / long-sleeve shirt

Hats / bandanas

Wristwatch

Sunglasses

Sarong / quick-dry towel

Conservative clothing

Everyone will be spending time in San Miguel. *See site-specific notes on next page.* 

#### Electronics

Camera

Water and shock-resistant options are suggested.

Internet accessible device

All students are encouraged to contribute blog entries and required to carry out research over the course of the semester.

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## Additional Mandatory Items Per Program

#### Panama City Programs

#### Computing

A fully-functioning laptop or Chromebook (Business Program only) is required.

#### Business-casual outfit

Including appropriate footwear

#### Flash drive

Notebook (Moleskine recommended) & pens

# Valley Programs

#### Hiking Pack

Biology students will need a pack that fits a clipboard.

Rain boots (for summer and fall semesters)

Bug Net

**Hiking Sandals** 

# San Miguel Programs

#### Conservative clothing

While teaching, one must wear sleeved shirts with tattoos covered, pants and skirts that fall below the knee, and closed-toe shoes. For athletic activities, please include modest work-out wear, such as longer-shorts/tights and t-shirts.

Note: This dress code applies to all Kalu Yala students and staff regardless of program, as all will spend time in San Miguel for events and activities.

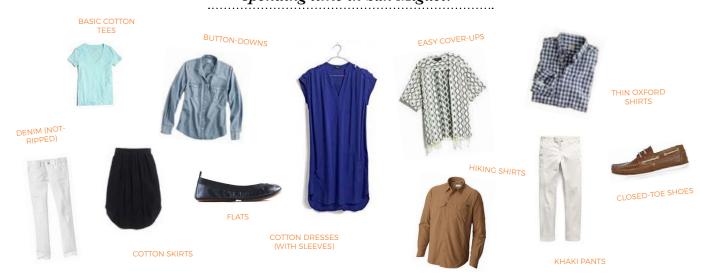
#### Carabiners

Personal cleansing cloth

#### **Hiking Pants**

Especially needed for students in the Biology program. Synthetic-fabrics (not jeans) are best.

# What does appropriate clothing look like for spending time in San Miguel?



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# Suggested Items for All Students

Silica packets

Luggage lock

For use when visiting hostels

Talcolm powder

Gardening / work gloves

Knife / multi-tool

Especially for valley-based students

Hanging, collapsable shelving

Organization, especially for valley-based students

Books for pleasure reading

Cards / games

Small speakers

Solar speakers are recommended.

Solar chargers for electronics

Highly recommended for media program

Twin sheets

If sleeping on air mattresses

Hammock

# Suggested Items for Specific Programs

#### **Agriculture Program**

Garden shears

#### Media Program

DSLR camera with video function

Microphone

Tripod

Small bag for storage in San Miguel or Valley

Unlocked phone

For compatibility with local SIM card

#### **Biology Program**

Waterproof notebook

Personal first-aid kit

Wool socks (for hiking)

Small dry bag (for camera protection)

Binoculars

Again, not mandatory, though many find these nice to have for the curious!

#### **Culinary Arts Program**

Favorite cookbook

Favorite kitchen knife

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# Suggested Brands

These are by no means required!

#### **Hiking Packs**

#### **Osprey**

Among the best quality on the market right now. The 65L and 55L models are particularly recommended. Plus, all Osprey products have a lifetime warranty.

*Note:* See this <u>article</u> from REI that explains backpack capacity in terms of duration of trip

#### Hammocks

#### **ENO**

These hammocks, from Eagles' Nest Outfitters, are great for casual use, and can be outfitted with bug nets and rain flys. Most are < \$100.

#### **Biodegradable Soap**

#### Sea to Summit

This sporting goods company sells a wide range of biodegradable and low-impact personal items, including soap, detergent, body wipes, etc. Also a good resource for quick-drying camp towels.

#### Dr. Bronner's

Their main product, the <u>pure-castile liquid soap</u>, has become a cult-classic for its lack of preservatives, fair-trade ingredients, and seemingly endless uses. The company sells many other biodegradable body-care items, as well.

Please let us know if you have any suggestions of your own, or questions about other items on the list!

# **Suggested Retailers**

## **Active Junky**

A price-comparison and cash-back shopping site focusing on outdoor gear; features major brands at deep discounts.

#### **Backcountry**

Outdoor gear and clothing from big brands to the small and undiscovered. Sells major brands and utilizies "flash sales" at bigger discounts.

#### Steep & Cheap

A subsidiary of Backcountry; focuses primarily on flash sales with massive discounts until one item sells out; worth occasionally checking.

## <u>REI – Membership</u>

If you're planning on making several big purchases or know you'll be continually buying from the outdoor sports giant, membership can be very rewarding. REI has been a member-owned co-op since 1973; as a member, you receive a share of the annual profit. This site explains the dividends program and other benefits to membership.

#### **Thrive Marketplace**

This membership-fee site is a great source of all-natural personal care items (and snacks!) at wholesale prices. Plus, there's a 30-day free trial.

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# Have you completed these items?

Please refer to additional communications for more details

Plane ticket to Tocumen airport Airport code "PTY"

Departure flight reservation

Valid passport

Confirmation of international health insurance

Completed insurance / flight information form Available at this link.

Consultation with physician

List of CDC-suggested vaccines available **here.** 

Completed health information form

Contained in separate email.

ATM card

Consultation with academic advisor\*

\*If you are seeking to receive academic credit

If you should need any further assistance, please contact our Admissions Director, m.stice@kaluyala.com

We look forward to your arrival!

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