

PACKING LIST – EXPLORING PANAMA, THE NEW COSTA RICA

FOOTWEAR:

- 1 pair Teva/Chaco sandals, river shoes, or dive booties for kayaking and rafting.
- 1 pair lightweight hiking shoes or boots, athletic shoes with a good sole (the trails are uneven terrain and can be muddy)
- 2 - 3 lightweight pair socks: (Thorlo, Smartwool, Darn Tough, etc.)

CLOTHING

- 2 pair lightweight pants/capris: synthetic (Supplex, or nylon/polyester/spandex blend)
- 2 pairs of shorts: Quick drying nylon is recommended
- 3 - 4 T-shirts (synthetic or lightweight merino wool for paddling and hiking is recommended)
- 1 - 2 lightweight, long-sleeved shirt for hiking and sun protection - button up front is the best
- 1 lightweight raincoat with hood - **waterproof**/breathable fabric like Gore-tex
- 1 wide brimmed or baseball style hat for protection from the sun/rain (a string tied to the hat will keep the wind from blowing it away)
- 1 medium-weight top layer – synthetic or wool pull over - fleece or wool vest works well for this layer
- Underwear/nightwear
- Bathing suit (nylon shorts and a running bra also work as swimwear)
- 1 – 2 changes of casual clothes to wear at end of day

ESSENTIALS

- Passport** and Xeroxed copy
- 1 one-quart water bottle, must be wide mouthed for refilling purposes (see notes)
- Headlamp or flashlight and extra batteries
- 100% UV sunglasses with case and retention strap
- Ear plugs (for a good night's sleep)
- Insect repellent
- Small day or fanny pack for day use (hiking)
- Bandanna
- Wristwatch/travel alarm clock

TOILETRIES (small everything)

- Toothbrush, toothpaste, dental floss, hand sanitizer, shampoo, contact lens paraphernalia, sanitary supplies
- Sunscreen and lip protection with an SPF of 30 or greater
- Personal first aid/patch kit - Band-Aids, 1 safety pin, moleskin, compeed (or blister bandages), ibuprofen, any personal medications

Please note: Individuals who have had or have the potential for a severe allergic reaction to insect stings, specific foods or medications must bring an epi-pen. Please consult your physician and tell your guide.

OPTIONAL (not required, personal preference)

- snorkeling gear (mask, snorkel and fins). These can be rented in San Blas, but we recommend you bring your own if you own them
- binoculars
- watch: water resistant
- waterproof camera bag
- camera, film/memory card, and an extra camera battery
- powdered hydrating drink mix (Gatorade, lemonade, etc.)
- small dry bag to carry wallet, passport, sunscreen, etc. for day use while paddling. A garbage bag inside your day pack can also work well.
- book
- extra sunglasses
- gloves for paddling (bike gloves work well)
- small pocket knife
- journal and pen

NOTES ON PACKING

Adventures in Good Company's packing list covers everything you need to assure your safety and comfort. You may not use everything you bring; however, you need to come prepared for all possible weather conditions. At the same time, you must be able to carry your own luggage, sometimes up and down stairs. **As space for luggage on our trips is limited, please stick to the packing list as closely as possible.**

CLOTHING: Panama is typically pleasant at this time of year - warm and humid – with some rain. Bring clothing that can get wet (synthetics are best). Clothing will get salt stains, so don't bring new clothing.

Rain Gear: We recommend a jacket made of coated nylon or a waterproof/breathable fabric. This layer will be worn as a wind-proof layer as well as a rainproof layer on this trip, so having it be breathable is a good addition. Coated nylon is not very breathable, but it is lightweight, waterproof, and can be relatively inexpensive. Gore-tex (and other brand-identified waterproof materials) is a great material, but can be quite expensive. If you have any questions about raingear, please call us.

Personal First Aid Kit: Bring a small first aid kit with familiar medicine and first aid supplies you might need. Recommendations include the following: blister or foot remedies like moleskin, Compeed, blister bandages, or similar, a small roll of duct tape (always useful!), remedies for respiratory ailments, stomach ailments, sore muscles or joints. The guides will have a first aid kit but having what you know works well for you is a good idea.

Shoes/Boots: You will need two types of footwear: one for boat-wear and one for hiking. For boat-wear bring something that can get wet such as river shoes, sandals, Keens or Solomon water-shoes or dive booties. You may want to bring a couple lightweight pairs of socks to wear under your water shoes as well (helps prevent blisters). For hiking you want a lightweight pair of boots/hiking shoes with a good sole that are comfortable and broken in. The trails may be muddy and uneven terrain.

Hydration: Being able to easily access your water without assistance, so that you can drink frequently, is important to your safety and enjoyment. For kayaking and rafting you will want a WIDE-MOUTHED water bottle. Having a carabiner to easily attach your water bottle to the kayak or raft is a good idea. For hiking, another option is to use a **HYDRATION SYSTEM** such as CamelBak, Platypus, and MSR bladder bags, which are collapsible water bags with a hose attachment that you drink from. The bags fit inside or outside your pack with the hose positioned over your shoulder so that you can access your water as you hike.