Suggested packing list for Panama

All of your personal items must be packed in your carry-on (checked bags are reserved for supplies). Be sure your carry-on meets airline requirements!

- Backpack
  - May be best option for carry-on
  - These will be expensive if you buy them at a retail sporting goods store if it’s backpacking/hiking season. Look around at thrift stores if you don’t want to invest in one of these, or get one used.

- Headlamp
  - Extra battery for headlamp

- Sleeping bag liner or sleep sack (it is slightly chilly in the mountains, you may want something a bit thicker or a blanket or warmer pajamas for sleeping)
  - or, just sew a large flat sheet together like this: http://twocanoe.wordpress.com/2012/06/26/diy-sleeping-bag-liners/

- Mosquito netting (prn—you don’t tend to be mosquitos in the mountains as it’s cold enough, we do have indoor sleeping areas, and usually bug spray and clothing that covers you up some is sufficient)

- Pillow
  - Or, bring a pillow case and shove your clean clothes in it. This gets tricky as your clothes get dirty though...

- Extra socks and underwear (or travel underwear and soap to wash frequently)

- Scrubs for clinic days (remember, we only do 3 days of clinic, 2 tops and 2 bottoms are usually more than enough, some can get away with 1 set and wash prn at night)
  - I used to buy all of my scrubs on this site. They have the best clearance and sales! We could all put in an order together so we don’t have to pay separate shipping. http://www.allheart.com/allheart-classics/c/1562/ (someone will need to coordinate any group order)

- Sports bra/tank/cami (women)

- Comfortable close-toed shoes for clinic days (best to wear these on the plane as they take up more room)

- Flip-flops or sandals for cruisin’ and hangin’ out at night or on tour days

- Shorts—linen or lightweight cotton

- Tank tops or t-shirts—linen or lightweight cotton

- Your awesome Panama T-shirt!

- Sweater/sweatshirt/fleece—I usually wear mine on the plane, can be helpful if it gets chilly at night

- Sunglasses

- Hat
  - This one is expensive. I suggest going to Target or something. Or, ask your crazy adventurous uncle/aunt/parent/friend to borrow theirs! http://www.rei.com/product/745932/outdoor-research-helios-hat

- I’ve heard these things are super cool (pun totally intended): http://www.rei.com/product/691097/kafkas-kool-tie
• 100% Deet insect repellant [http://www.rei.com/product/851231/coleman-insect-repellent-100-percent-deet-4-fl-oz](http://www.rei.com/product/851231/coleman-insect-repellent-100-percent-deet-4-fl-oz) (feel free to coordinate with a few others to share)

• Castile soap. This stuff rocks. Trader Joe’s sells it too. I say a few of us buy a bottle each and divvy it up. You can wash your face, body, clothes, dishes, and it’s ok for the environment. I always bring this with me when I go camping or backpacking. Truly multipurpose! [http://www.target.com/p/dr-bronner-s-pure-castile-soap-peppermint-32-oz-/A-10770140?prodSlot=medium_1_2&term=castille+soap](http://www.target.com/p/dr-bronner-s-pure-castile-soap-peppermint-32-oz-/A-10770140?prodSlot=medium_1_2&term=castille+soap)

• Towel. Chamois towels are awesome. They have plenty of sizes too! [http://www.rei.com/product/832935/rei-multitowel-lite-x-large-towel-54-x-25](http://www.rei.com/product/832935/rei-multitowel-lite-x-large-towel-54-x-25)

• Poncho: [http://www.rei.com/product/828691/red-ledge-vinyl-poncho-mens](http://www.rei.com/product/828691/red-ledge-vinyl-poncho-mens) I am pretty sure I got mine at Big 5 in Alameda for $2, I think it is a Coleman. It does rain on occasion, and has rained during the open truck trek up the mountain, so this will be super helpful if it’s needed.

• Water bottle (you may want one with a built in filter or able to use with UV pen, check with your group someone may have a UV pen and we can share)

• Sunblock

• Bathing suit for beach day & pool at hostel!

• Don’t laugh, but something like a fanny pack (or travel purse) to carry around your passport, money, personal stuff that you want to not have to dig through your backpack for! Or you can use this to have all your clinic supplies with you easily.

• Charger for your cell phone and/or camera (check with group, we can share if they are compatible)

• Toothbrush, toothpaste, floss, deodorant, lotion, baby wipes (we can divvy these up too), any other personal hygiene stuff you need!

• Any needed prescriptions, glasses, contact lens stuff, etc.

• A fun game, like cards or something small.

• Travel Kleenex (works great on the road as a TP substitute, too)

### Packing tips:

• You want to cram a lot of stuff into one bag. Get the biggest carry-on allowed, and consider using compression bags for clothing (you can also use these to segregate dirty and clean clothes, which is nice).

• Wear your thickest, heaviest, bulkiest clothing on the plane (so you don’t have to pack it).

• Work with friends/classmates/others on the trip for some items you can share (shampoo, wipes, sunscreen, etc.).

• Purchase travel size toiletries (Bed, Bath, and Beyond has a great TSA approved section) or use small plastic containers to bring just enough to get you by for a week.

• Be sure you pack liquid/gel toiletries per TSA guidelines (3 oz only, all in a 1 gallon ziplock bag, 1 per person) and in a place in your carry-on that you can pull it out quickly for airport screening.

If you have any other suggestions for this list, please email them to Sharon Gorman (sgorman@samuelmerritt.edu)