

Packing list for CSW Tropical Studies course in Panama

Essentials:

Passport & Photocopies of your passport. Proof of Covid vaccine which includes booster.

Clothing:

Pants 2-3 light weight long pants. At least one for fieldwork
Shorts (nylon/synthetic)
Underwear (for 1 week)
Shirts (at least 1 long sleeve, and 1-2 nice)
Fleece or cozy sweater (chilly in cloud forest)
Light weight Raingear (jacket) or poncho
Sleepwear
Hat, sun protection/ bandanas 1-2
1-2 Bathing suit(s)
Light long sleeve shirt to wear over swim suit
Socks (1 week's worth)
Towel(s)/washcloth (You'll need one to dry off after swimming)
Sturdy shoes for walking/light hiking
Sandals, Crocs, flip flops, or Keens,

Equipment

Journal/Field notebook
Pencils/pens/water-color pencils
Water resistant watch/timepiece
Daypack
Light gym/duffel
Sunglasses
Headlamp (strongly preferred) &/or flashlight
Camera (can be phone)
Binoculars (nice to bring if you have them, but not essential)
Masks, fins, snorkel, mesh bag
(Not Essential as ITEC has a fair amount snorkeling equipment)
Water bottle

Toiletries

Sunscreen (waterproof)
Bug spray
Biodegradable Shampoo/rinse /soap
Toothbrush, toothpaste, floss
Hair brush
Shave gear
Deodorant
Band Aids
Prescription medicine – (30 days-worth in original prescription bottles)
Kleenex
Feminine Hygiene products
Contacts/extra glasses/solution
Extra masks & Hand Sanitizer

Other

Travel cash/ATM card
Photos to share about your home
Playing cards? Etc.
Favorite snacks

Group Toiletries: (We will bring these as a group, you can bring own or use group's supply)

Basic First Aid Kit
Wipes (quick clean-up/sanitize)
Hand sanitizer
Swim eardrops
Benadryl, Ibuprofen, antidiarrheal medication, Acetaminophen.

Pack lightly for ease of travel!

Note: You will need rubber boots. ITEC has a bunch. We suggest that you not purchase in the US. We can purchase, if needed, in Bocas del Toro