

Panama Packing List

Miscellaneous Items

- Bible
- camera*
- insect repellent
- lightweight day pack*
- mess kit (non-breakable plate, bowl, cup, knife, fork, and spoon in a drawstring bag)
- money*
- passport*
- personal medications* (pack in carry-on)
- personal reading material*
- personal toiletries (pack in checked bag)
- snacks*
- sunblock
- sunglasses
- water bottle with screw-on lid

Non-Work Gear

- casual shirts (sleeveless OK, but not tank tops)
- modest shorts, skirts, and pants
- Sabbath attire
- sleepwear
- socks
- tennis shoes
- swimming suit
- underclothes
- twin size flat sheets
- travel pillow*
- towels and wash cloths
- flip-flops for showers
- small air mattress

Work Gear

- old long pants or jeans
- at least two pairs of old shorts
- old t-shirts
- long-sleeve, lightweight shirt
- heavy-duty shoes (reinforced toe suggested)
- leather work gloves (required)
- gardening gloves
- hat for sun protection

Airline Tips

Carry-on Packing*

In your personal carry-on bag (save space by making this your day pack), include your passport, camera, personal medications, a change of clothes, reading material, and snacks for the flights. You may also want to include your money and travel pillow. See the *toiletries* section below for info on liquids.

Toiletries

Toiletries and any liquids should be packed in your checked bag. It's smart to pack these in a Ziploc bag so they don't leak. Any liquids in your carry-on (you may want to keep out your toothbrush & toothpaste) must be less than 3 fl. oz. and packed in 1 quart size Ziploc bag.

Remember you are limited to 1 checked bag (not to exceed 50 lbs.), 1 carry-on, and 1 personal item (purse/camera/etc.).

Dress Code

Sabbath & Meetings

guys: dress pants, shirt, and tie

girls: modest dresses or blouses and skirts – no pants or sleeveless shirts

Daily Activities

modest pants and shorts

t-shirts (logos within HA's policy)

Leisure Time/Excursions

modest pants and shorts

shirts (sleeveless ok, not tank tops)

girls: one-piece modest bathing suits

guys: shorts (no speedos!)