



Your trip to Panama is just around the corner.

Along with a healthy dose of excitement,
here's what you'll need to bring.



Clothing and accessories

- Comfortable closed-toe shoes
- Water shoes
(if doing water activities)
- Long- and short-sleeved shirts
- Shorts
- Pants/jeans
- Swimsuit
- Socks and underwear
- Sweatshirt
- Pajamas
- Quick-dry clothing (for after
water activities)
- Raincoat/poncho
- Hat (for sun protection)
- Sunglasses
- Watch
- Small daypack
- Quick-dry towel
- Conservative clothing if doing
a school visit

Money

- U.S. dollars (Money exchange is
unnecessary—USD are accepted in
Panama. Small bills preferred. ATMs
are infrequent, so bring what you think
you'll need)
- ATM/debit card as back up (contact
your bank prior to departure)
- Personal credit card (contact your
bank prior to departure)
- Pouch for storing money and passport

Documents

- Passport and a copy of passport
(required to travel abroad)
- Visas (if applicable for non-U.S. citizens)
- Copy of itinerary (including hotels,
flights, and EF emergency number)
- Copy of any necessary prescriptions
- List of contacts and addresses (to send
postcards home!)

Toiletries

- Toothbrush/toothpaste
- Shampoo/conditioner
- Soap
- Deodorant
- Hairbrush/comb
- Sunscreen
- Bug spray
- Extra contact lenses/glasses
- Medications (be sure to carry them
with you on the plane and keep in
original container as customs official
may want to check container's
contents match its label)
- Wet wipes or antibacterial
hand sanitizer

Travel tips:

- ✓ Pack light—you'll be responsible for loading your
own luggage on and off buses (one small carry-on
and your EF backpack should be enough)
- ✓ Pack valuables, medications, and an extra change
of clothes in your EF backpack as a carry-on
- ✓ Many airlines now charge for additional luggage