



# PANAMA

KNOW BEFORE YOU GO



## WATER

According to the National Water services of Panama, the water is safe to drink, with the exception of a few rural areas. Restaurants, hotels and other facilities with their own water source (usually a well) have their water tested regularly.



## SOUVENIRS

Some of the souvenirs most sought after are the wooden handicrafts such as beautiful boxes, calendars, and fruit bowls. Other nice souvenirs are coffee, coffee liquor, and colorful T-shirts.



## ELECTRICITY

Panama's electrical system is compatible with that of North America, 110 volts, so you will not need a converter. Three-hole grounded plug-ins are uncommon in some hotels though.



## PASSPORT & VISA

All American and Canadian citizens must have a passport which is valid for at least 3 months after your return date. No visa is required for stays up to 90 days.



## TIME ZONE

Panama is on Eastern Standard Time (-5 GMT) year round. Daylight Saving Time is not observed.



## WiFi

WiFi is available at the hotels/lodges but may be slower than what you're accustomed to.



## CURRENCY

The local currency for Panama is officially the Panamanian balboa. However, the U.S. dollar is the currency used day to day throughout Panama. ATM machines are readily available in bigger cities and currency can be exchanged at most hotels and airports. Most major credit cards are commonly accepted.



## IMMUNIZATIONS

While no immunizations are required you should consult your medical provider for most current advice. See travelers handbook for more information.



**Thomson Family  
Adventures**

800.262.6255 | [Familyadventures.com](http://Familyadventures.com)

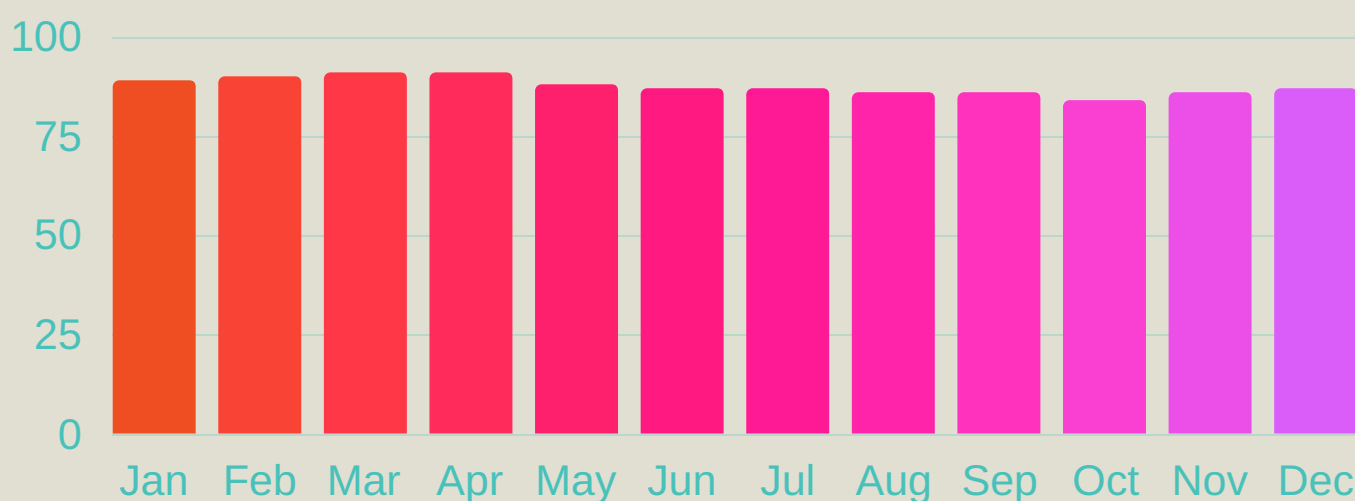


# CLIMATE

Panama has two seasons, which in Spanish are known as verano (summer) and invierno (winter). Verano, the dry season, runs from December to April and invierno, the rainy season, runs from May to November.

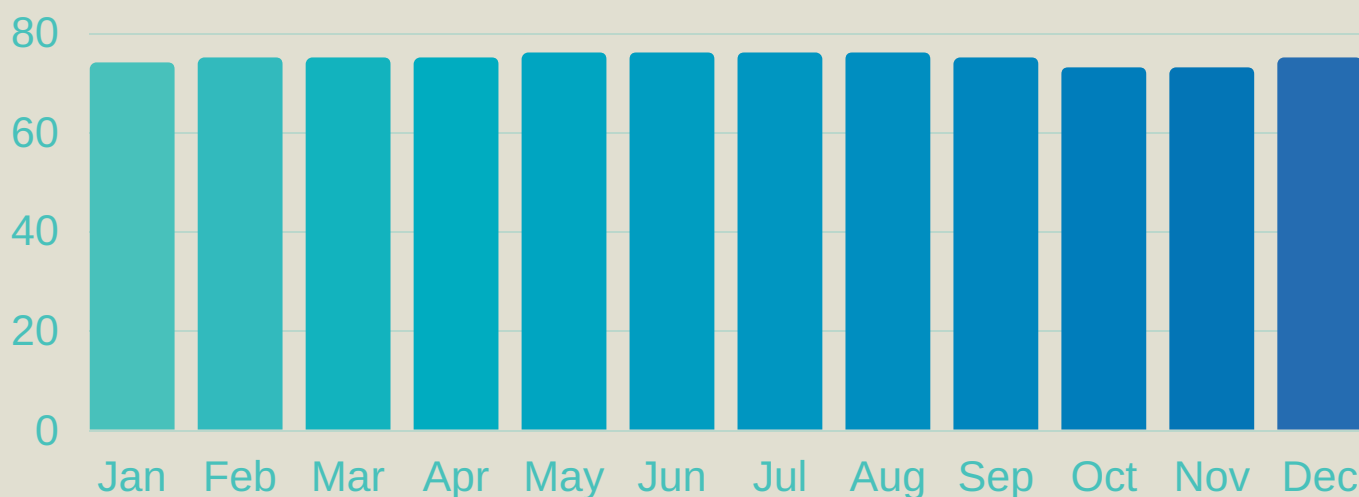
## AVERAGE HIGH

Panama City



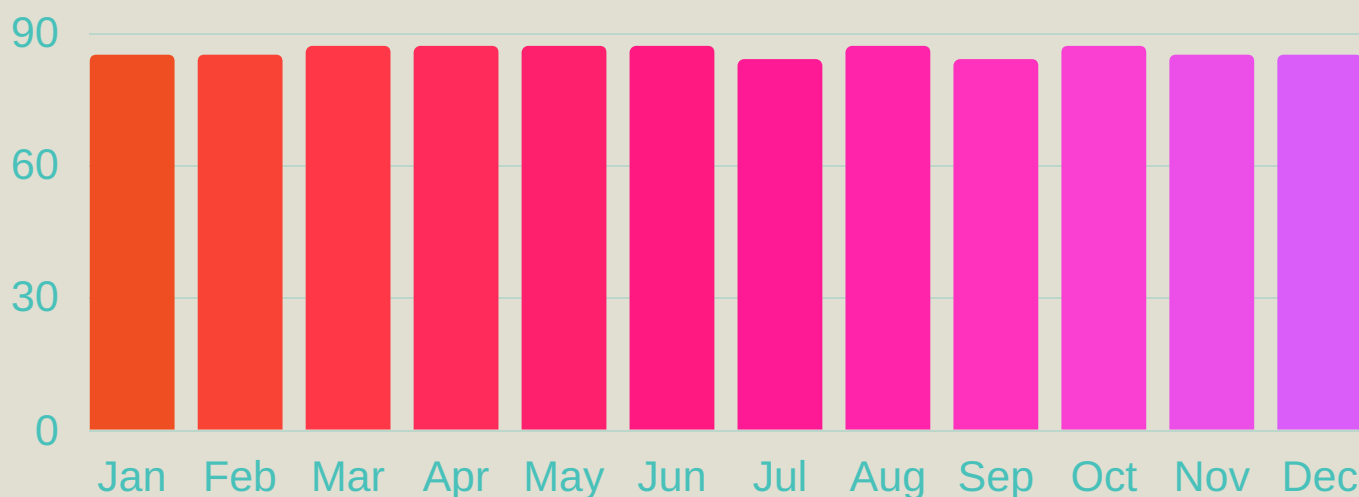
## AVERAGE LOW

Panama City



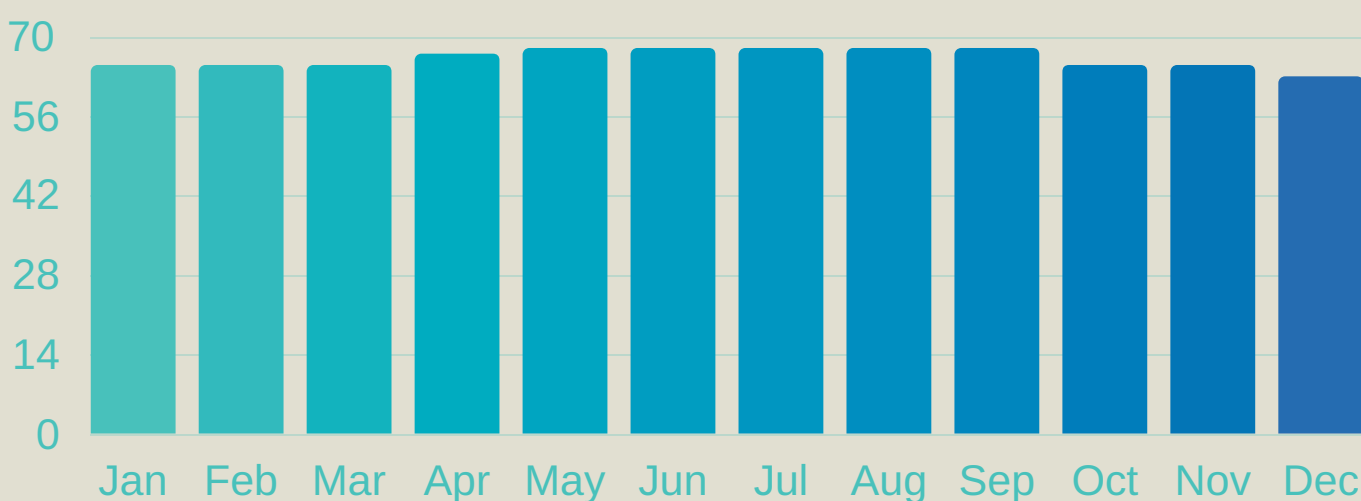
## AVERAGE HIGH

Chiriqui Highlands



## AVERAGE LOW

Chiriqui Highlands



# MUST HAVE

## Packing Essentials



### FOOTWEAR

- Walking boots (broken in) with good ankle support & sturdy soles
- Casual walking shoes or sandals
- Water shoes

### OUTERWEAR

- Light-weight Fleece Jacket
- Wind & Waterproof Jacket
- Knee high ankle socks (teen trip)



### ACCESSORIES

- Sunglasses & Wide Brimmed Hat
- Waterbottle
- Camera
- Waterproof camera (optional)

### LUGGAGE

- Daypack/Backpack (waterproof recommended)
- Duffel bag or soft-sided suitcase



*\*Please note that there is a 25lb weight limit for checked bags and 10lb carry-on limit for checked bags on internal flights within Panama*



### APPAREL

- Lightweight Long Pants or shorts
- Long-Sleeved Shirts
- Quick Dry T-Shirts/Athletic Wear
- Sleepwear
- Undergarments & Socks
- Sports Bras (for athletic activities)
- Swimsuit
- Skirt, dress or nice pants (optional for evenings)

### PERSONAL ITEMS

- Sunscreen
- Toiletry kit (shampoo, toothbrush, etc.)
- Insect repellent
- Hand sanitizer
- Tissues
- Medications / First Aid Kit
- Plastic bags, Zip-lock
- Anti-diarrheal (Pepto, Imodium)
- Aspirin, Ibuprofen. etc.
- Chargers (phone, camera)

# DON'T FORGET...



## REMOVE JEWELRY



Don't bring anything expensive or irreplaceable.

## TRAVEL DOCUMENTS



Passport  
Itinerary  
Emergency contact info

## CELL PHONE



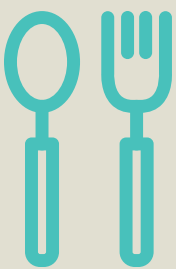
Turn off roaming  
Check for international rates/plans

## SPEAK UP



Don't wait until you get home. If you have any problems on the trip regarding accommodations, meals, activities, etc. speak to your guide or contact TFA.

## FOOD



If your child is not an adventurous eater, we recommend that you bring some of their favorite snacks from home, such as peanut butter or trail mix.

## CASH & CREDIT CARDS



Always contact your bank before traveling.

# LANGUAGE



ENGLISH

SPANISH

Hello  
Goodbye  
Thank You  
What's your name?  
My name is...  
Nice to meet you  
How much is this?

Hola  
Adios  
Gracias  
Cual es tu nombre  
Mi nombre is...  
Un placer conocerte  
Cuánto cuesta este