

PACKING LIST – KAYAKING AND SNORKELING PANAMA

FOOTWEAR:

- 1 pair Teva/Chaco sandals, river shoes, or dive booties for loading and unloading kayaks in water.
- 1 pair comfortable shoes to wear around the lodges
- 2-3 pairs of lightweight wool or synthetic equivalent socks such as Smartwool, Thorlo, or Darn Tough (neoprene socks are too thick for inside the fins)

CLOTHING

- 1-2 pair of comfortable supplex/nylon lightweight pants for hiking - zip-offs work well
- 1-2 pairs of shorts (quick drying nylon is recommended)
- 1-2 loose skirts/sarongs - great for the island
- 3 synthetic or lightweight merino wool T-shirts
- 1-2 lightweight long-sleeved shirts (a surfing shirt, called a "rash guard" is great for snorkeling and kayaking; a button up long sleeve shirt with collar is great for protection from sun and bugs)
- long synthetic underwear or nylon leggings to prevent burn while snorkeling
- 1 lightweight fleece jacket, sweatshirt, or other warm layer
- 1 lightweight **waterproof** rain jacket with hood and rain pants. "Water resistant" rainwear is **not** recommended (see Notes on Packing).
- Underwear / nightwear
- 1 wide-brimmed hat for sun and rain (a string tied to the hat will keep the wind from blowing it away)
- 1-2 bathing suits (nylon shorts and a running bra also work as swimwear)
- 1-2 changes of comfortable clothes to wear at end of day

TOILETRIES (small everything)

- Biodegradable soap and shampoo, toothbrush, paste, dental floss, hand sanitizer, lotion, contact lens paraphernalia, sanitary supplies
- Personal first aid/patch kit - Band-Aids, 1 safety pin, moleskin, compeed (or blister bandages), ibuprofen, benadryl, foot powder, seasick medication (if tendency to motion sickness), any personal medications

Please note: Individuals who have had or have the potential for a severe allergic reaction to insect stings, specific foods or medications must bring an epi-pen. Please consult your physician and tell your guide.

ESSENTIALS

- Passport** and photocopy of passport
- Headlamp or flashlight and extra batteries
- Sunscreen and lip protection (**see Notes**)
- Small day or fanny pack for day use
- 1 towel (light camp towel or thin beach towel)
- 2L water bottle (hydro flasks work well to keep water cool)
- Various sized Ziplock bags or 1-2 small garbage bags serve as extra waterproofing and keeps wet gear separated
- 1-2 x 20L Dry Bag(s) & 1 x 10L dry bag (day use)
- Sleeping pad -- please bring something comfortable, as you'll be sleeping on it for 4 nights!
- Sheet, sleeping bag liner, or very lightweight sleeping bag for camping (it will be warm)
- Insect repellent (20-100% DEET)
- Travel snacks (no chocolate - it melts)
- Bandanna
- Ear plugs (for a good night's sleep!)
- Sunglasses - 100% UV protection w/ retention strap

OPTIONAL PERSONAL GEAR (if you want it, bring it – personal preference and not required for the trip)

- Flip flops (there will be a lot of walking on sand)
- Binoculars
- Watch - water resistant
- Extra sunglasses
- Wet bath wipes (for camping)
- Camera - film/memory card and an extra camera battery (**see Notes**)
- Electrolyte packets (NUUN & Emergen-C are good brands), and/or powdered hydrating drink mix (Gatorade, Crystal Light, lemonade, etc.)
- Snorkeling gear (if you have your own snorkel mask, we recommend bringing it; otherwise the mask and fins are included)
- Camping pillow
- Small drybag for daytrips in kayak
- Gloves for paddling - (bike gloves work well)
- Book, notebook, journal, pencil/pen
- Swim goggles for exercise

NOTES ON PACKING

Adventures in Good Company's packing list covers everything you need to assure your safety and comfort. You may not use everything you bring; however, you need to come prepared for all possible weather conditions. At the same time, you must be able to carry your own luggage, sometimes up and down stairs.

CLOTHING: Panama is typically warm and dry, but when it rains, it can rain for several days. Bring clothing that can get wet (synthetics are best). Clothing will get salt stains, do not bring new clothing.

BIODEGRADABLE SUNSCREEN: One of the most harmful things to the natural underwater environment is sunscreens, oils, and sun-block worn by people. While swimming, these oils come off and settle on the coral reefs and other marine life, and in volume can act like an oil slick in water, creating damage to the delicate ecosystems. The reefs are suffocated, and sunscreens are one of the biggest causes of bleaching to our reefs, and the death of much of the world's coral.

Biodegradable sun-block is environmentally friendly sunscreen that lacks the harmful ingredients that are destroying the world's coral reefs. These sunscreens are biodegradable, meaning they break down naturally in the environment, and eco-friendly, meaning that they minimize damage to the environment. We strongly encourage using only biodegradable sunscreen anytime you are going to be in the water. If it doesn't say it is on the package then it isn't. None of the major brands (Coppertone, Banana Boat, No-Ad) are biodegradable. An interesting article on the subject can be found here: <https://www.ecotourling.com/blog/archives/08-2016>

Raw Element and/or Badger are both reef safe and available at Amazon or REI. Not all sunscreens work well for all people. If you have a sunscreen that you know works well for you, bring that also for times that you are not snorkeling.

RAIN GEAR: Typically we recommend rubberized rain gear for sea kayaking trips, since they are warm, work best in steady downpours, and their effectiveness is not diminished by salt water. Since this trip is in the Pacific we are recommending a jacket made of waterproof/breathable fabric or coated nylon. This layer will most likely be worn more often as a wind-proof layer than a rainproof layer on this trip, so having it be breathable is a good addition, but Gore-Tex (and other brand-identified waterproof materials) can be quite expensive and saltwater may damage. Coated nylon is not very breathable, but it is lightweight, waterproof, and can be relatively inexpensive. **If you have any questions about raingear, please call us.**

WATERPROOF BAGS: If you choose to bring waterproof bags for your day bag, several companies make vinyl bags with good closures (Phoenix, Outdoor Research, Cascade Designs). Wide-mouthed plastic jars are good for first aid supplies and the like. Ziploc bags are handy for many uses.

BRINGING YOUR CAMERA ON A SEA KAYAKING TRIP: Ocean water is highly corrosive to camera equipment. To protect your camera from the salt, pack it in a waterproof sports bag. Many outdoor retailers and most camera shops have inflatable bags that are waterproof, float, and cushion your camera against bumps. Phoenix, Basic Designs, and manufacturers of whitewater equipment make inflatable camera bags.

SUNGLASSES: In addition to strongly recommending 100% UV resistant sunglasses to protect your eyes, we also recommend Polarized lenses to reduce glare on the water. This allows you to see into the water from the kayak, thus seeing rays and nurse sharks and fishies.