

PACKING LIST

PANAMA TROPICAL RESEARCH INSTITUTE

Here are some suggested items to pack for your semester in the jungle! Of course, everyone's preferences are different, so pack what will make you comfortable, but don't overpack! You will almost always bring more than you really need.

SUGGESTED ITEMS FOR ALL STUDENTS

LUGGAGE & GEAR

- Hiking backpack
- Dry bag for personal items
- Sleeping bag
- Pillow
- Dirty-laundry bag
- Blanket
- Headlamp / flashlight
- Water bottle

PERSONAL ITEMS

- Basic biodegradable toiletries (*see back page*)
- Laundry detergent
- Non-perishable snacks
- Camera (*Water and shock resistant are recommended*)
- Internet accessible device (*Computer or tablet is recommended to complete independent research projects*)
- Journal / sketchbook
- Books

CLOTHING & ACCESSORIES

- Comfortable clothing
- Athletic clothing
- Raincoat
- "Going out" outfits
- Under garments (*10-15 pairs*)
- Socks (*10-15 pairs*)
- Bathing suit
- Lightweight jacket / sweatshirt
- Conservative outfits (*for San Miguel*)
- Wristwatch
- Hats / bandanas
- Bug net
- Rain boots (*Summer and Fall semester*)
- Hiking pants
- Wash cloth
- Quick dry towel / sarong

Note: Most people will dress one of two ways: 1) head-to-toe bug and sun repellent - light-weight long-sleeve shirt and pants with muck boots or hiking boots; 2) bathing suit/active wear/short and tank tops

SHOES

Keeping your feet dry is one of the MOST important things you can do while living in the jungle!

- Flip flops / beach sandals
- Dry closed-toed shoes for the city
- Dirty tennis shoes / hiking shoes (*that can get wet*)
- Rain boots (*Most important for Summer and Fall semesters*)

A general note: To reduce our overall footprint and make the packing list as economical as possible for all of you, we strongly recommend looking into procuring used or repurposed gear when appropriate. And as always, pack light! You won't need as much as you think :)





PRE-ARRIVAL CHECKLIST

- Plane ticket
- Valid Passport
- Confirmation of international health insurance
- Completed insurance flight info
- Consultation with physician
 - CDC suggested vaccines
- Completed health info card
 - Panama Travel Affidavit Form
- ATM Card
- Consultation with academic advisor
 - For approving academic credits

If you need any further assistance, please contact our Director of Admissions, Anna Lewis, at anna@tropicalresearchinstitute.org.

We can't wait for you to join us!

