

## Suggested Packing List

- 1. Shoes: one pair suitable for work (closed shoes rec. for safety) & one for church
- 2. Clothing: sleepwear, shirts, pants, shorts, socks, underwear, and modest swimsuit (for beach/ pool only). *Laundry is available so no need to pack extra clothing*  
Women: knee length skirt and shirt or dress (with sleeves) for church, shorts or slacks for clinic/worksite  
Men: short sleeve shirt & slacks for church/work site.
- 3. Hat and sunglasses
- 4. Contacts, contact container (and PLENTY of solution)
- 5. Toiletries (soap, toothbrush/paste, shampoo, deodorant) *please limit curling irons, dryers, & electric razors*
- 6. Washcloths (twin sheets are provided and towels are available in limited supply.)
- 7. Sunscreen - at least SFP 15 or higher and waterproof
- 8. Insect Repellent w/deet 30
- 9. Lip balm & eye drops (liquid tears)
- 10. Antibacterial hand wash/gel
- 11. Personal medications (suggest Tylenol, Imodium and antacids in addition to prescription medications)
- 12. Antibacterial wipes (recommended to clean the tops of bottle, cans etc. before drinking)
- 13. Earplugs for after hours (roosters & dogs often start crowing/barking at 3 am)
- 14. Cell phone – there is little need for multiple cell phones in Panama, we suggest only one for team use. Contact your cell company for details and instructions on international plans.
- 15. Refillable water bottle
- 16. Personal snacks (granola, protein bars, peanut butter crackers, tuna packets, etc.)
- 17. Copy of your passport & your PASSPORT
- 18. Copy of your Green Card & your GREENCARD
- 19. Driver's license (needed to use a credit card)
- 20. Spending money, VISA & MC (accepted in some stores - consider pre-paid credit cards)
- 21. Bible, devotional and journal items
- 22. Copy of Medical license(s) for medical personnel

*Do not bring expensive jewelry, computers and other valuable items to Panama; we cannot be responsible for stolen or lost items or damage to electronics due to electricity surges.*