

## Packing List - Cocobolo Nature Reserve, Panama

*If this is your first trip to the tropics, the task of packing may be a bit overwhelming. As we have a lot of experience packing for field trips in the neotropics, we've compiled a list of items you may want to consider for your upcoming trip to Panama. - CREA ([www.crea-panama.org](http://www.crea-panama.org))*

- Essentials**
- Rubber boots (many streams to cross, protection against snakes and bugs)
  - Field clothes (long trousers, long sleeved-shirts, T-shirts, hat/cap. It gets wet)
  - Camp clothes (shorts, several t-shirts, walking sandals or light shoes)
  - Bedding (light sleeping bag, bed sheet or silk linen, pillow)
  - Swimwear
  - Bath towel
  - Light raincoat
  - Small backpack to carry water/lunch/camera in the forest
  - Refillable water bottle/camelbak (quarter-size or more)
  - Headlamp or flashlight and spare batteries
  - Medicine for allergies and other prescriptions
  - DEET-based Mosquito repellent
  - Hand sanitizer
  - Sunscreen
  - Toiletries
  - Large ziplock bags to protect electronic equipment from humidity
- Useful**
- Your favourite snacks (chocolate, cereal bars, trail mix, etc.)
  - Pajamas or night clothes
  - Light fingerless gloves for trekking in the forest (hand protection)
  - Hot shower bag (sorry, we only have cold showers at the field station!)
  - Electronics: camera, phone/tablet, e-reader and chargers
  - USB Power Bank for your phone/tablet/e-reader
  - GPS receiver to record field observations
  - Biodegradable laundry soap