## 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