



"The Grand Dame" of Women's
Adventure Travel Since 1982

2014 ~ Celebrating 32 Years!

DATES

June 22 - 29, 2014

COST

\$4,295 includes 2 international flights
within Panama. International round-trip
flight from Miami – Panama City priced
separately (\$800 deposit)

RATING

Moderate

ACTIVITIES

Hiking, Walking, Cultural Exploration, Cultural
Performances, Natural History, Birdwatching,
Photography, Sightseeing, Whitewater Rafting

MAIN ATTRACTIONS

- Discover the rainforest canopies and trails of Soberiana and Chagres National Parks, and view thriving bird, plant and animal populations.
- Fly to the lush, western Chiriqui jungle highlands on the Pacific Coast of Panama and hike a portion of the famous Quetzales Trail, one of the most beautiful trails in Central America.
- Stay in wonderful, sumptuous accommodations including Gamboa Rainforest Resort.
- Enjoy whitewater rafting on the Rio Chiriqui Viejo.
- Experience the culture, traditions and lifestyle of a native Embera community.
- Visit 2 charitable associations and NGO organizations to learn about and participate in the work they are doing within local communities.
- Explore the highlights of Panama City and visit the revolutionary Panama Canal.

AdventureWomen is the oldest
adventure travel company for active
women over 30.

PANAMA HUMANITARIAN ADVENTURE: From the Highlands to the Panama Canal

For AdventureWomen's special 2014 Humanitours Adventure, we travel to Central America to the country of Panama to discover its beautiful people, rich cultures, and stunning scenery. We meet her indigenous "Embera" people, go bird watching in Chagres and Soberania National Parks, hike a portion of the famous Quetzal Trail and go whitewater rafting on the Rio Chiriqui Viejo. We'll relax in the cloud forest surrounding Gamboa Rainforest Resort and learn about the Panama Canal and her three locks (Miraflores, Gatun & Pedro), plus explore the old city of Panama Viejo. And we round out our tour of Panama's treasures with visits to two local non-profit humanitarian projects.

Panama, known as the "Crossroads of the Americas" due to its privileged position between North and South America, is often referred to as "Costa Rica without the crowds". Panama is a Central American gem, and one of the most exhilarating and attractive emerging destinations in the world. This isthmus has it all: pristine palm-fringed beaches, volcanoes, ancient Indian villages nestled around cloud forests, a cosmopolitan capital city (Panama City), plus untouched countryside and beautiful National Parks full of exotic birds and wildlife. Panama's vibrant rainforests are a result of the integral land bridge, or Isthmus of Panama, that emerged over 300 million years ago, which allowed thousands of different species to migrate between North and South America. As a result of this evolutionary event, Panama is now home to a staggering array of unique wildlife with a biodiversity unparalleled in few places on Earth. Its natural playgrounds of Soberania and Chagres National Parks explode with marvelous birding so birders – bring your South and North American bird lists!

In addition to viewing and learning about the revolutionary Panama Canal and her locks (Miraflores, Gatun and Pedro), we'll also discover Panama's indigenous and welcoming Embera people. We'll observe and participate in their culture through a unique village experience, and feed off the hope of various charitable associations and NGO (non-governmental) organizations who work with children. A humanitarian Panama adventure that not only will heighten our natural senses, but lift our empathy and appreciation of the power of giving back, this is a Central American adventure in Panama filled with unique historical, cultural, outdoor and human experiences which will create wonderful memories for you for years to come.

Panama – one of Central America's most unspoiled and best-kept secrets.

ADVENTUREWOMEN, INC. | 300 RUNNING HORSE TRAIL | BOZEMAN, MT 59715

EMAIL: trips@adventurewomen.com | WEBSITE: www.adventurewomen.com

406-587-3883 | 800-804-8686 | 406-587-9449 FAX

INCLUDED IN THE PRICE OF YOUR PANAMA ADVENTURE TOUR

- 8 days/7 nights, fully guided land and hotel arrangements in Panama.
- Internal round trip flights between Panama City and David.
- All transfers from hotels to airports, services and taxes, and all ground transportation in air conditioned coach throughout the trip.
- All accommodations in 3 superior and wonderful ecolodges/spa hotels/ deluxe hotel, in twin-bedded double occupancy rooms with private facilities.
- Services of naturalist and historical English speaking guide throughout the tour.
- Local guides for various tours during the trip.
- All park entrance fees and visits per the itinerary.
- All meals as listed in the itinerary.
- One AdventureWomen escort.
- All applicable hotel and lodge taxes and gratuities.

NOT INCLUDED IN YOUR PANAMA ADVENTURE VACATION

- Roundtrip international airfare from Miami to Panama City, including fuel surcharges and airline taxes.
- Foreign airport taxes.
- \$40 per person departure taxes from Panama.
- Excess baggage charges levied by airlines.
- Meals and beverages, other than specified, plus items of a personal nature (laundry).
- Personal and baggage insurance.
- Tips and gratuities for local guides and drivers. Suggested amounts are, on average:
 - \$10 per person, per day to your main guide;
 - \$5 per person, per day for local guide(s).
 - \$5 per person, per day for local driver(s).
 - Miscellaneous tips to staff at lodges.

HOW TO REGISTER FOR YOUR PANAMA HUMANITARIAN TOUR

First, call (800-804-8686) or email (trips@adventurewomen.com) the AdventureWomen office to determine space availability. As a courtesy, we will hold your space for 5 days while you are completing the registration process, and making personal and travel arrangements.

Next, complete and sign the Trip Registration and International OR Domestic Passenger Information forms on our Web site by clicking "Sign Up for this Trip" on the trip page. We can also fax or email them to you. Include, with your forms, the required deposit that can be made by credit card (Visa, MasterCard, or Discover), personal check, money order, or cashier's check. You can also give us your credit card number over the phone. Once we receive your **deposit and BOTH forms**, we will mail you a trip confirmation/information packet verifying your registration.

Then, call our travel consultant **Lori Charles at Classic Escapes, 800-627-1244 or 718-280-5021**, to reserve your airline reservations.

HIKING ABILITY REQUIRED

Our hikes/walks throughout this trip are rated as **MODERATE**. This means that you must be in very good physical condition. Trips of this designation offer moderate physical challenges. We define "Moderate" as being able to hike from 5-8 miles, in rolling terrain.

PASSPORTS, TRAVEL DOCUMENTS AND HEALTH REQUIREMENTS

Citizens of the United States must possess a valid passport, which must be valid 3 months beyond your intended stay. No visas are required for travel in Panama, but you must buy a \$5 (U.S.) tourist card, paid when entering by land or at customs when entering by airplane.

If you do not have a passport, GET IT SOON! When you get your passport, you should also get two extra photographs to take with you. You should always possess extra photos when traveling to use in case of an emergency.

No special vaccinations are required for travel to Panama. However, please consult your personal physician, local health department, travel clinic, or immunization center about any vaccinations you may need to update, or others that may be personally recommended for you based on your age, health, and past vaccination history. Hepatitis A and B are present everywhere in the world, so you should talk to your doctor about this.

You MUST have your own health insurance and not have any physical problems or conditions that would be adversely affected by the activities on this trip or the rigors of international travel

IMPORTANT INFORMATION ABOUT TRAVELING TO PANAMA

Round-trip airfare from Miami to Panama City is NOT included in the cost of the trip package.

Flights to Panama: Airfare Price Per Person (Economy Class): \$790 per person, international airfare from Miami to Panama City, Panama. All taxes and fees are included in this price.

When you register for this trip, an AIRLINE RESERVATION FORM is enclosed in your registration packet. You need to complete the form and send/

LIABILITY FORM AND FINAL PAYMENT

Part of what AdventureWomen hopes to foster is the taking of more self-responsibility for our own lives, health, and safety. **Please read the LIABILITY FORM carefully, sign it, and return it with your final payment by:**

MARCH 25, 2014.

CANCELLATIONS AND REFUNDS

Notification of cancellations must be received in writing. Full payment is due 90 days prior to departure date, and 50% of the registration deposit is non-refundable.

For cancellations received 60-89 days prior to the trip departure date: 50% of the total trip cost is non-refundable. For cancellations received 1-59 days prior to the trip departure date: 100% of the total trip cost is non-refundable.

You are highly encouraged to purchase trip cancellation insurance to cover emergency situations. Information will be sent to you in your registration packet.

SWITCHING TRIPS

Before your final balance due date, you may change your deposit to another trip within the same calendar year by paying a \$75 fee to switch. You may not switch your deposit to a trip in another calendar year.

NO SMOKING POLICY

Beginning in 1995, our trips became smoke free. Please note that there will be no smoking by any participants on AdventureWomen vacations.

fax/email it to our outfitter and air agent, Lori Charles, who will be booking your round trip air from Miami to Panama City.

Air Schedules and More

Choosing the best possible air arrangements is always a challenge. Our outfitter and air agent works with many airlines that offer the best level of service, routings and value for many of our AdventureWomen programs. Due to our arrival and departure times into Panama City, it is easiest to fly as a group, be picked up on arrival at the same time, and be taken to the airport at the same time at trip's end.

Roundtrip economy-class jet transportation will be provided from Miami to Panama City via American Airlines.

**June 22, 2014: American Airlines departing Miami at 12:15 p.m.
Arriving Panama City at 2:05 p.m.**

**June 29, 2014: American Airlines departing Panama City at 7:02 a.m.
Arriving Miami at 11:05 a.m.**

****Please note** that all flight numbers and current air schedules are subject to change with no advance notice!

THE EXCITING ITINERARY FOR OUR PANAMA HUMANITOURS ADVENTURE:

DAY 1, Sunday, June 22, 2014: *Depart the United States from Miami for Panama City, Panama*

This afternoon we depart together from Miami for our flight to Panama, Central America's best-kept-secret.

On arrival at Tocumen International Airport in Panama City, we are met at the airport and transferred to our home for the next four nights, the Gamboa Rainforest Resort.

This 340-acre deluxe resort is located just 30 minutes from downtown Panama City near the historic Chagres River, the Panama Canal, the scenic town of Gamboa, and in the heart of Panama's 55,000-acre Soberania National Park. It is surrounded by large tracts of lowland tropical rainforest that nourish thriving plant and animal populations. Each of the resort's large, air-conditioned luxury guestrooms offer a balcony overlooking the hotel gardens, picturesque views of the river and forest, elegant dining, and wonderful views of ships passing through the Panama Canal.

This evening we'll be treated to a cocktail and welcome dinner as we meet with our naturalist-guide for a briefing before our adventure begins.

(Meals Aloft, Welcome Cocktail and Dinner)

Overnight Gamboa Rainforest Resort

<http://www.gamboaresort.com>

DAY 2, Monday, June 23: *Explore Soberiana National Park and the Miraflores Locks Visitor Center*

Early this morning we drive a short distance from our hotel to Soberania National Park and the Rainforest Discovery Center. For spectacular views of Soberania's vastness and canopy bird species we walk up the 100 foot observation tower and standing above the canopy, watch the morning flight of Keel-billed Toucans, Red-lored Amazons and the silent and stealthy movement of Mantled Howler Monkeys. Next we explore the park's network of trails that surround the Discovery Center, and enjoy the hummingbird feeders that provide up close and personal views of 10 species of hummingbirds!

Visit our award-winning website! www.adventurewomen.com

During World War II a pipeline was built along the Panama Canal to transport fuel from one ocean to the other in the event the waterway was attacked. Fortunately, it was never used. This abandoned gravel road provides excellent walking access to Soberania's 55,000 acres of tropical rainforest. The park boasts an impressive list of 525 species of birds and is also home to 105 species of mammals, including large felines, Tamandua, Two and Three-toed Sloth, 4 species of monkeys, Agouti, some of which are listed under CITES (endangered species), and 59 endemic plant species in 4 life zones.

We continue to the Miraflores Locks in time for lunch, and to learn about the operation of the Panama Canal and its three sets of Locks: Miraflores and Pedro, situated near the Pacific coast, and Gatun, along the Atlantic coast. Due to the extreme tidal variation on the Pacific Ocean, the Miraflores Locks are the tallest of the three, and slightly over one mile long. Depending on the size of each vessel, one to three vessels can simultaneously make the transit, which only takes approximately 10 minutes for the complete process. What great entertainment during lunch, watching the ships cross the Canal!

After lunch we visit the Miraflores Locks Visitor Center, where we have the opportunity to learn about the Panama Canal's history, present and future. At the different exhibition floors we observe the transiting ships from a higher point of view. In late afternoon we return to our rainforest resort, where you might choose a spa treatment, dip in the pool, or dinner in one of the resort's exceptional dining rooms or lively lounges.

(Breakfast and Lunch)

Overnight Gamboa Rainforest Resort

DAY 3, Tuesday, June 24: Chagres National Park and Meet the Embera Tribe

Today's journey takes us through the rainforest of the 300,000-acre Chagres National Park, the largest of the national parks protecting the Panama Canal Watershed. Along the river, our "bird-watchers" will delight in seeing the Little Blue and Green Heron, Great Egret, Anhingas, Ringed and Green Kingfishers, and more.

Not only a natural treasure destination, Panama also prides itself on its various ethnic cultures and their history. Today we are fortunate to be guests of the Embera tribe, a unique and beautiful people who live much as they did when Columbus came through Panama in 1502. Soon forgetting the outside world, we are immersed into their cultural dance and music, and are welcome to paint our bodies as the Embera do, with a natural fruit dye called Jagua. We'll join the tribe on a jungle trek to

explore the area's abundant variety of birds and wildlife that includes a visit to local waterfalls. And we'll have the opportunity to view their well-known handicrafts.

The Embera possess amazing botanical knowledge, and it is fascinating to learn of their contributions to modern pharmaceuticals.

(Breakfast and Lunch)

Overnight Gamboa Rainforest Resort

DAY 4, Wednesday, June 25: Fly to David and Hike the Chiriqui Highlands, Plus Visit Casa Esperanza NGO

This morning we fly to David, capital of Chiriqui and the westernmost province on Panama's Pacific Coast. Here primeval rainforests are bedecked with clouds, noisy, chattering birds flash brilliant iridescent colors as they dart about their daily chores, flowering epiphytes bloom en masse high above the forest floor, while gurgling streams glisten and tumble hurriedly over great boulders in their dance towards the sea. This enchanted land is the Chiriqui Highlands, a beautiful landscape of cloud forests, volcanic peaks, coffee plantations and home to most of Panama's Guaymi Indians.

Upon arrival we are transferred to our lovely accommodations, the Finca Lerida Ecolodge, located in a privately owned preserve in Boquete, in the buffer zone of Baru Volcano National Park. The Lodge is nestled in the middle of a coffee plantation and surrounded by a private natural forest. It has 11 very comfortable double rooms with private baths, each with its own porch that overlooks the pristine forest and the Ecolodge's own small coffee plantation. Its award-winning coffee is produced in keeping with their commitment to preserve the environment, and the coffee plantation is an important element in sustaining the surrounding forests.

This morning we take an exciting hike into the cloud forest to explore Finca Lerida Boquete. With the impressive Baru Volcano in our sight (the highest peak in Panama at 11,400 feet) we hike at an elevation of 7,500 feet to look for the elusive Resplendent Quetzal, Three-wattled Bellbird, Black-faced Solitaire, Volcano Hummingbird, Long-tailed Silky-Flycatcher and Prong-billed Barbet in their habitat of orchids, bromeliads and wild avocados.

Returning to our hotel for lunch, we'll experience Finca Lerida's "high altitude cuisine experience" which incorporates their own creations of local and fresh ingredients, enjoyed along with the songs of birds and the astounding views of their beautiful historical coffee estate.

This afternoon we'll visit the offices of Casa Esperanza in Chiriqui, one of the largest and most influential NGOs

ABOUT ADVENTURE TRAVEL TODAY

Please Read Carefully!

At AdventureWomen, we would like to ensure that all participants understand that our excursions are adventure travel vacations, and not "tours." We define "adventure travel" as travel in which one actively participates, as opposed to a "tour," in which one is more or less a passive observer. AdventureWomen designs and organizes vacations all over the world for women who want to experience an active, out of the ordinary vacation, and meet new friends. Most of all, we want our trips to be fun!

In this spirit, the successful adventure traveler should be a good-natured realist and have a sense of humor! Adventure vacations, by nature, require that participants be self-sufficient, flexible, and able to accept situations as they exist, and not just as they would have preferred or expected them to exist. The constraints of scheduled group traveling also necessitate that each of us be understanding of and sensitive to others. Being on time is important, and contributes to the congeniality, success and well being of both individuals and the group!

Thank you for choosing to travel with AdventureWomen! If you have any questions or concerns, please don't hesitate to call, write or email us.

(Non Government Organization) in Panama. Casca Esperanza strives to help young people who live in extreme poverty, especially "street kids" who must work to contribute to their family incomes. They provide children and teens with academic support, primary healthcare, nutrition, personal and social development, sports, culture and recreational activities. Casa Esperanza runs seven "accelerated elementary schools" and forty small "community education attention centers" around Panama City, Colon, Coclé, Herrera, Los Santos, Veraguas, Chiriquí and the Ngobe Bugle Indigenous Regions. In addition to helping educate the youth they provide family counseling services and raise awareness about the risks of child labor.

As part of the humanitarian aspect of our trip, we are asked to bring useful donations for children ages 4-18, such as books, games, soccer balls (and other sports equipment), Frisbees, school materials, clothing, shoes, dried food (cornflakes, spreads, beans, rice, etc).

(Breakfast and Lunch)

Overnight at Finca Lerida Ecolodge

<http://www.fincalerida.com>

DAY 5, Thursday, June 26: *Los Quetzales Head Trail Nature Walk and Afternoon Finca Lerida Coffee Plantation Tour*

Considered one of the most gorgeous paths in Central America, the Quetzals Trail is without a doubt the most popular hike in Panama's western highlands. Located within the Volcan Baru National Park, the "Sendero de los Quetzales" links the towns of Guadalupe, near Cerro Punta on the west side of the Volcano, with the town of Boquete, on its east. We'll enter the trail from the Boquete side and enjoy its first few miles for a gorgeous hike through lush jungle highlands.

We return to Finca Lerida for another delicious lunch, and in the afternoon we take a guided coffee tour of Lerida's coffee plantation, through the process of growing, roasting and brewing, finishing with sampling different flavors and roasts.

Boquete is to coffee as Bordeaux is to wine. Some feel that Panama's coffee is the best coffee in the world. Located in the Highlands of Boquete, this beautiful and traditional coffee estate offers optimum conditions for growing premium mountain coffee. The ample rainfall and sunny, dry harvesting season promotes ideal production of this Arabica.

(Breakfast and Lunch)

Overnight at Finca Lerida Ecolodge

DAY 6, Friday, June 27: *Whitewater Rafting and a Visit to the Charitable Foundation, Amigos de Boquete*

After an early breakfast we trade our hiking shoes for whitewater rafting vests and paddles and our active and exciting rafting adventure on the Rio Chiriqui Viejo, one of the best rivers for rafting in Central America. Along the river we will see splendid pristine forests and breathtaking natural views.

This afternoon we'll visit Rotario Club, another local association that helps the community. Amigos de Boquete is a charitable foundation formed by a group of Panamanians and non-Panamanians to assist the school children of Chiriqui Province. The Boquete area has a large, generally poor, indigenous population in which malnutrition is a problem. Amigos have found that when food is provided to a school, attendance often grows by over 30%. The first two schools to which Amigos provided food were Palo Alto and Jaramillo Arriba. By 2006, the number of schools served by Amigos had increased to five. In addition, during 2007, Amigos began providing food to the Medalla Milagrosa and Hogar Trisker orphanages, to Casa Esperanza, and to Buenos Vecinos, which aids Boquete residents who are elderly or infirm. In the school year beginning March 2008, Amigos began supporting five additional schools, bringing the total to 12 schools serviced by Amigos. Amigos are now feeding over 1,100

Visit our award-winning website! www.adventurewomen.com

children each school day.

For our humanitours offering at this foundation, any monetary donation that you find appropriate will be greatly appreciated.

(Breakfast and Lunch)

Overnight at Finca Lerida Ecolodge

DAY 7, Saturday, June 28: To Panama City and Casco Antiguo

This morning we fly back from Chiriqui to Panama City. We'll explore and visit the ruins of Panama Viejo, the first official city founded by Europeans on the Pacific coast of the Americas. It was the starting point of the treasure trails that crossed the isthmus to the Caribbean, and was attacked and looted by the English pirate Henry Morgan in 1671. We'll visit the Old Panama Museum, climb up the Cathedral tower, and stroll among the stone walls and remnants of what was once considered the richest city in the Americas. At the folk market we'll have an opportunity to admire and obtain local and indigenous handcrafts.

Casco Viejo is home to monuments to Ferdinand de Lesseps and other Frenchmen instrumental in the ill-fated attempt of the French to construct a canal through Panama. It became the new Panama City of the times. This part of town was never successfully attacked, being protected by a wall that surrounded the new settlement. We'll visit San Jose church with its famous Golden Altar, one of the few testaments to all the wealth that made its way through this city. We'll walk along the French Plaza – a monument to the French canal effort and take a panoramic look of the modern city from this vantage point as well as the ships that are anchored in the bay awaiting transit of the canal.

Returning to our hotel about noon, the remainder of the day is at leisure. Our home for tonight is the Marriott Panama Hotel, a full-service four star hotel located in the financial and banking area, close to Via España, Panama Old Cathedral, and Multicentro Panama.

This evening we'll celebrate our time together on this special AdventureWomen Panama Humanitour with a farewell dinner at Manolo Caracol, a modern restaurant in a French-styled building dating to the 1800s, featuring an open kitchen, local art on the walls, and very tasty wine. The food is served tapas-style, with dishes like pulpo al roja (octopus in red sauce), langostinos al ajillo (jumbo prawns in garlic sauce), hongos silvestres (mushrooms in butter-garlic sauce), and arroz tay (rice with plantains). There are no menus – simply the most delightful cuisine made of fresh produce procured on

that day by Chef Manolo and his staff, and prepared to tantalize the most discriminating of palates.

(Breakfast and Dinner)

Overnight at the Marriott Panama Hotel

<http://www.marriott.com/hotels/travel/ptypa-panama-marriott-hotel/#>

DAY 8, Sunday, June 29: Depart Panama City for Miami

Time to say "adios" to beautiful Panama and return home, as we are transferred to the airport for our return flight to Miami.

(Breakfast)

MONEY AND CURRENCY IN PANAMA

The unit of currency in Panama is the U.S. dollar, but the Panamanian balboa, which is pegged to the dollar at a 1:1 ratio, also circulates in denominations of 5¢, 10¢, 25¢, and 50¢ coins. (U.S. coins are in circulation as well.) Balboa coins are sized similarly to their U.S. counterparts, and travelers will have no trouble identifying their value.

The easiest and best way to get cash away from home is from an ATM (automated teller machine), available in banks and supermarkets, and identifiable by a red SISTEMA CLAVE sign with a white key. ATMs, called cajeros automáticos, can be found in larger towns only, so plan to bring extra cash. Remember that you can usually only take up to \$500 a day out of an ATM in Panama.

Accepted credit cards are Visa and Mastercard, and to a lesser extent American Express. Diners Club is not widely accepted. Most businesses in Panama City and other major commerce centers accept credit cards. In small towns and more remote destinations, be sure to bring enough cash.

ELECTRICITY IN PANAMA

Electrical plugs are the same as in the U.S., as is Panama's voltage, 110 AC.

WHAT TO PACK ON YOUR PANAMA HUMANITARIAN VACATION

Three words of packing advice for your Panama humanitarian vacation with AdventureWomen: LIGHT, LIGHT, LIGHT! It is best to condense your luggage into one manageable suitcase with wheels and one day-pack or backpack (carry-on size). Also, a spare, very light duffle bag or day pack rolled or folded into your wheeled suitcase is useful to have to transport souvenir items home, or to use on the internal flights to the city of David in Panama.

You should also be aware of any new airline regulations (www.tsa.gov/travelers) about what you can and cannot

bring in your carry-on bag, and what you must put in your checked luggage.

Baggage:

- International flights from the U.S. allow one piece of checked luggage, not exceeding 50 lbs. However we recommend you travel as light as you can manage to Panama because the domestic flights to the city of David in Panama only allow each passenger to take 1 bag of up to 30 lbs (14kg). Carry-on luggage is limited to 5 lbs (2.5kg) per passenger. Passengers are responsible for excess baggage fees and are subject to US\$1.00 per extra pound and only allowed depending on flight capacity.
- If your bag from the U.S. weighs more than 30 pounds, then we suggest that before the flight to David on Day 4, Wednesday, June 25, you take your spare duffel bag and pack it with what you will need for 3 days on the Pacific Coast. You will be able to store your extra luggage in the office of our Panamanian outfitter at no additional cost. Just make sure your AdventureWomen luggage tag is visible on the bag you leave behind, and that it is locked. Our driver will store it safely until the group returns from the Chiriqui Highlands.

Carry-on bag, from the U.S.:

In your carry-on bag you should include all valuables and essentials: medications, passports and all important documents, cameras and film, a day's change of clothing, lightweight sleepwear, and toiletries.

Put luggage ID tags on the outside AND inside of your baggage. If your bag is lost and the outside ID tag and baggage stickers are dislodged, the airlines may open the bag to search for an ID inside your bag. (AdventureWomen sends you 3 tags for the outside of your bags.)

Pre-Departure Tasks for your Panama Adventure Vacation

- Obtain or renew passport.
- Evaluate and obtain trip cancellation, baggage, and medical insurance.
- Consult with physician for physical examination, immunization, and prescription medicine recommendations.

Travel Clothing:

- Clothing should be lightweight, quick drying, and made of breathable fabrics. Pay special attention to sun protection needs. Long sleeves and wide brim hats are highly recommended.
- Underwear. Synthetics are easier to wash and dry.
- Sleepwear.

- Shirts: Long-sleeve, synthetic or cotton shirts because they are featherweight, durable, wrinkle-resistant, and dry quickly. Those with multiple, closed (velcro or zipper) pockets are excellent.
- Short-sleeve synthetic or cotton T-Shirts. Those with multiple, closed (velcro or zipper) pockets are excellent.
- Sweater/Jacket: Medium-weight sweater, or jacket made of synthetic fabric.
- Vest: A lightweight, multi-pocket, photo journalist-type vest is excellent for day use (use it to store camera equipment, binoculars, etc.).
- Pants: Full-length pants, preferably of quick-drying synthetic fabric with many zippered pockets. Pants with zip-off legs save room and are very convenient for use during a long day.
- Knee-length hiking shorts, preferably of a synthetic fabric.
- Bathing suit.
- Sun hat with a wide brim, preferably with a chin strap to keep it from blowing off.
- Waterproof rain jacket and/or sturdy poncho to protect day pack and camera gear from rain or water spray. (This can be your jacket, as listed above, as long as it is waterproof).
- Athletic socks (synthetic for easy washing and drying) that are suitable for your lightweight hiking boots/or walking shoes.
- Sturdy, properly fitting footwear can make your trip much more comfortable and enjoyable. Good ankle support and good traction are critical. We recommend lightweight hiking boots OR comfortable, lightweight walking shoes.
- Sandals for boats, water, and for walking around towns (Teva-type sandals or similar: Merrill's, Keens, etc., or any thing that can get wet and dry fast).
- 3-4 cotton bandanas. (For uses too numerous to mention!)
- 1 set of nice, casual city clothes that are dressier for evening restaurants or social activities.

Personal Items

- Passport.
- 2 spare passport photos to bring on the trip (in case of lost passport).
- Battery operated travel alarm clock.
- Extra batteries for cameras, alarm clock, etc.
- Small flashlight with extra batteries and bulb.
- Sunglasses (90% - 100% ultraviolet and some infrared protection) and case.
- Contact lenses, cleaner, saline solution, extra eye-

- glasses with safety band.
- Money belt.
- U.S. Cash and credit cards.
- Address book, writing paper, or journal, pen/pencil.
- Daypack (can also serve as an airline carry-on bag).
- Water bottle. We recommend the 22 oz. Nalgene Everyday OTG Tritan Bottle. Made of Eastman Tritan™ copolyester, the bottle is completely BPA-free. Tritan™ copolyester provides excellent impact resistance and is suitable for both warm and cold beverages.
- Locks for your suitcase/duffel bag (when left in rooms).
- A variety of sizes of Ziploc-type bags for packing liquids, or wet, dirty clothing.
- 1-2 heavyweight plastic garbage bags (for wet clothes).
- Washcloth (not supplied in most hotels).
- Personal toiletries in small leak-proof bottles.
- Biodegradable bar soap (can double as laundry soap).
- Tampons or sanitary napkin supply (not always widely available).
- Thread, needles, safety pins for minor repairs.
- Insect repellent with the percentage of DEET recommended by your travel medicine physician. It's important that you bring an ample supply of good quality repellent. If you use DEET, try to wipe it off your hands before touching plastic surfaces such as your binoculars or cameras (DEET damages some plastics).
- Wash & Dries (or other antiseptic wipes) for hand washing and emergency toilet paper.
- Earplugs. We recommend Mack's Pillow Soft White Moldable Silicone Snore Proof Earplugs, which you can buy at most drugstores, or www.earplugstore.com. Good to 22 Decibels!
- Small, lightweight binoculars for viewing animals, birds, scenery and long distance views. Nikon or Minolta make fine, lightweight viewing binoculars. Try a general game viewing 7 X 28, or 8 X 20 binocular.

Personal First Aid Kit (bring in small amounts and in small containers)

- Foot powder for moisture absorption; cloth, not plastic Band-aids; about 10 individually wrapped alcohol pads; and a small tube of Neosporin or other antibiotic cream.
- Aspirin/ibuprofen, etc.
- Cold-symptom relief tablets, antihistamine, cough drops.
- Adequate quantity of sweat-resistant sun screen

- with at least an SPF 15 rating or higher, and lip balm with sunscreen.
- Tweezers.
- Ace bandage.
- Antibiotics (Cipro, or another systemic antibiotic).
- Prescription medicines in their original bottles.
- Acidophilus enzyme (available in capsules in health-food stores). This often helps your digestive system get in shape for "new" flora.
- Immodium, Lomotil, or similar anti-diarrhea medicine.
- Pepto-Bismol tablets and/or liquid (in leak-proof bottle).
- Emergen-C. Good for higher altitudes, and some people swear they get fewer colds on airplanes if they take this during flights.

Optional

- Pictures of your house, pets, and family (local people love to see this!).
- Reading material.
- Extra, lightweight duffel bag (empty, and packed inside your suitcase).

Camera Equipment

Since photography is such a large part of this trip, we suggest you bring the following:

- Digital camera, Video camera, LOTS of extra memory cards and batteries (more than you think you will need), battery charger, and adapter. You can charge your digital batteries in hotels and lodges.

Most digital cameras have a built in converter so you only need to bring an adapter. Adapters can also be bought while in-country.

If you want to get great pictures of animals and birds, a long lens is a must. Consider using an 80-400 mm lens, which will capture just about anything you'd want to photograph during this trip. There is really no need to have anything larger than a 400 mm lens. You will, of course, need a normal or wide angle lens (somewhere between 24 – 70 mm), to take pictures of people, villages, and general photography during the trip. Many lenses on newer cameras are "all in one" (i.e. 28 – 400-500 mm). Get advice from a good, reputable camera shop.

Last-Minute Reminders

- Make photocopies of your airline tickets and the first two pages of your passport, plus any visas (if they are stamped inside your passport) and put them in

- different locations (suitcase, carry-on bag, etc.).
- ❑ Bring 2-3 additional passport size photos to use in emergencies.
- ❑ Your valuables should be insured for the duration of the trip, but better yet, leave them at home.
- ❑ Remove extra credit cards, driver's license, and personal items from wallet or purse.
- ❑ Make sure passport, tickets, and visas are valid and in the correct name.
- ❑ Check with airline to reconfirm reservations and departure time (most airlines want to hear directly from the client for confirmations).
- ❑ **Please leave all valuable jewelry at home!!!**

Some Extra Items to Add to your "What to Pack" List

We are updating and adding the following items for all international trips. With more than 30 years of experience flying around the world, we think these items help make your long airline flights much more comfortable and even more bearable.

- ❑ **Neck pillow** - Inflatable neck pillow for blissful support and deep sleep. For packing, it folds into itself. Self-sealing valve means nothing to close. Soft microfleece cover removes for washing.
Eagle Creek® Large Inflatable Travel Neck Pillow at TravelSmith.
- ❑ **Sleep mask /Comfort eye shade** - Ultra light-weight and comfortable, the Comfort Eye Shade screens out light and distractions for a cozier flight. Ultra-soft micro fleece for comfort. Adjustable elastic strap for a perfect fit. Made of Molded Polyester Micro Fleece.
Eagle Creek® Comfort Eye Shade at TravelSmith.
- ❑ **Travel compression socks** - Reduce ankle and leg swelling and reduce the risk of deep vein thrombosis. These doctor-designed socks stimulate circulation through gradual compression that

stops swelling and guards against (DVT). Made of coolmax®-lycra®-nylon. The TravelSox® cushion Walk Socks have extra-padded soles and are made of moisture wicking SoftPrim®.

TravelSox® Cushion Walk Sock™ at TravelSmith.

- ❑ **Noise canceling headphones** - Block out unwanted sounds of children crying and airplane engine drone, and/or enjoy great audio sound. Reduce distortion and increase perceived loudness so you can enjoy sound at a lower volume. Get the around the ear design, which is very comfortable.

Bose Quiet Comfort 2 - List Price: \$199.99. Oval shaped around-the-ear design, an iPod fits nicely in the center of the case between the headphones. You can get the next generation of Bose Quiet Comfort 3, but the cost is \$349.00.

Audio Technica ATH-ANC7- List Price: \$219.95
Excellent sound quality and above average noise cancellation. Comfortable leather cushioning around the ear and can be worn for long periods of time with no discomfort. Excellent headphones with a reasonable price tag. Comparable in quality to the Bose Quiet Comfort 3.

.....

*Thank you for choosing to travel with AdventureWomen!
If you have any questions or concerns, please don't
hesitate to call, write, or email us.*

AdventureWomen, Inc.
300 Running Horse Trail
Bozeman, MT 59715
800-804-8686 or 406-587-3883 (outside the U.S.)
Email: trips@adventurewomen.com.

