First of all, the atmosphere aboard is casual. There is no expectation of any formal dress whatsoever; after all, it is an expedition.

Wind and sun can be harmful to your skin without proper protection. A key element to your comfort and enjoyment is sufficient protection, both in clothing and in topicals. Be sure to pack a sufficient supply of both.

Below is a packing list developed by one of our expedition leaders. If you have any questions, please give us a call.

**Packing List**

- Teva or similar water sandals/shoes for wet landings.
- Lightweight hiking boots/closed toed shoes for walks on uneven, slippery terrain.
- Assortment of shorts, T-shirts and other casual, mild-weather clothes.
- Long pants and mid-calf socks for insect protection during Barro Colorado visit.
- One or two swimsuits and a cover up.
- Windbreaker, rain jacket or lightweight rain poncho.
- Waterproof insect repellent.
- Binoculars (one pair per traveler is recommended).
- Small backpack or rucksack; waterproof bag to hold camera gear.
- Hand laundry supplies, such as Woolite. Please note there are no laundry facilities aboard.
- Travel alarm clock.
- Camera, lenses, and plenty of film and/or memory cards, and extra batteries.

Visit our online store, [www.gearupexpeditions.com](http://www.gearupexpeditions.com), for a convenient way to shop for your expedition.