

Packing List

Mandatory Items for All Students

A general note: To reduce our overall footprint and make the packing list as economical as possible for all of you, we strongly recommend looking into procuring used or repurposed gear when appropriate.

Luggage & Gear

- Backpack
- Dry bags for all personal items
- Sleeping bag
- Pillow
 - Travel/weather-resistant pillows are recommended.
- Dirty-laundry bag
- Blanket
- Headlamp / flashlight
- Camp coffee mug
- Water bottle / Camelbak

Personal Items

- Basic biodegradable toiletries:
 - Kalu Yala Valley students must use biodegradable toiletries. All other students are required to bring travel sized biodegradable toiletries for the valley.
 - Please see recommended brands on Page 4 of list.*
- Detergent
- Journal / sketchbook
- Non-perishable snacks

Clothing & Accessories

- Comfortable clothing
 - Quick-dry fabrics are recommended.
- Athletic clothing
- Raincoat
- Hiking shoes & socks
- Beachwear
- Several “going out” outfits
- Sweatshirt & sweatpants
- Light sweater / long-sleeve shirt
- Hats / bandanas
- Wristwatch
- Sunglasses
- Sarong / quick-dry towel
- Conservative clothing
 - Everyone needs to travel through San Miguel
 - See site-specific notes on next page.*

Electronics

- Camera
 - Water and shock-resistant options are suggested.
- Internet accessible device
 - All students are encouraged to contribute blog entries and required to carry out research over the course of the semester.

Packing, Continued

Additional Mandatory Items Per Program

Business Students

Computing

A fully-functioning laptop or Chromebook is required.

Dress Wear

You will need one business-casual outfit with appropriate footwear.

San Miguel Students

Conservative clothing

While teaching, one must wear sleeved shirts with tattoos covered, pants and skirts that fall below the knee, and closed-toe shoes.

Note: This dress code applies to all Kalu Yala students and staff regardless of program while spending time in San Miguel.

Valley Students

Large hiking pack

Rain boots (for Summer and Fall semesters, recommended for Spring).

Bug Net

Hiking Sandals

Carabiners

Personal cleansing cloth

Hiking Pants

Especially needed for students in the Biology program.

What does appropriate San Miguel teacher clothing look like?





Packing, Continued

Suggested Items for All Students

Silica packets

Luggage lock

For use when visiting hostels

Talcolm powder

Gardening / work gloves

Knife / multi-tool

Especially for valley-based students

Hammock

Note: If you're unsure about wanting to sleep in a hammock at night, you will have options to purchase a locally-made hammock further into the program.

Carabiners

Books for pleasure reading

Cards / games

Small speakers (solar are recommended).

Solar chargers for electronics

Highly recommended for media program

Twin sheets

If sleeping on air mattresses

Hanging, collapsable shelving

Organization, especially for valley-based students

Sunscreen

Insect repellent

Note: We currently have **lots** of extra sunscreen and bug spray for general use; please do not overpack! There will be opportunities to restock your supply of biodegradable items in Panama City later into the program.

Suggested Items for Specific Programs

Agriculture Program

Garden shears

Media Program

DSLR camera with video function

Microphone

Tripod

Small bag for storage in San Miguel or Valley

Unlocked phone

For compatibility with local SIM card

Biology Program

Waterproof notebook

Personal first-aid kit

Wool socks *(for hiking)*

Small dry bag *(for camera protection)*

Binoculars

Again, not mandatory, though many find these nice to have for the curious!

Culinary Arts Program

Favorite cookbook

Favorite kitchen knife



Suggested Brands & Retailers

Suggested Brands

These are by no means required!

Hiking Packs

Osprey

Among the best quality on the market right now. The 65L and 55L models are particularly recommended. Plus, all Osprey products have a lifetime warranty.

Note: See this [article](#) from REI that explains backpack capacity in terms of duration of trip

Hammocks

ENO

These hammocks, from Eagles' Nest Outfitters, are great for casual use, and can be outfitted with bug nets and rain flies. Most are < \$100.

Biodegradable Soap

Sea to Summit

This sporting goods company sells a wide range of biodegradable and low-impact personal items, including soap, detergent, body wipes, etc. Also a good resource for quick-drying camp towels.

Dr. Bronner's

Their main product, the [pure-castile liquid soap](#), has become a cult-classic for its lack of preservatives, fair-trade ingredients, and seemingly endless uses. The company sells many other biodegradable body-care items, as well.

Please let us know if you have any suggestions of your own, or questions about other items on the list!

Suggested Retailers

Active Junky

A price-comparison and cash-back shopping site focusing on outdoor gear; features major brands at deep discounts.

Backcountry

Outdoor gear and clothing from big brands to the small and undiscovered. Sells major brands and utilizes "flash sales" at bigger discounts.

Steep & Cheap

A subsidiary of Backcountry; focuses primarily on flash sales with massive discounts until one item sells out; worth occasionally checking.

REI – Membership

If you're planning on making several big purchases or know you'll be continually buying from the outdoor sports giant, membership can be very rewarding. REI has been a member-owned co-op since 1973; as a member, you receive a share of the annual profit. [This site](#) explains the dividends program and other benefits to membership.

Thrive Marketplace

This membership-fee site is a great source of all-natural personal care items (and snacks!) at wholesale prices. Plus, there's a 30-day free trial.



Pre-Arrival Checklist

Have you completed these items?

Please refer to additional communications for more details

Plane ticket to Tocumen airport

Airport code “PTY”

Departure flight reservation

Valid passport

Confirmation of international health insurance

Completed insurance / flight information form

Consultation with physician

List of CDC-suggested vaccines available [here](#).

Completed health information form

Contained in separate email.

ATM card

Consultation with academic advisor*

*If you are seeking to receive academic credit

If you should need any further assistance, please contact our
Admissions Director, m.stice@kaluyala.com, or our Operations Coordinator,
melissa.mazurkewicz@kaluyala.com

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We look forward to your arrival!