Surf & Service Panama Packing List

**Item Quantity**

T-Shirts 10 or more

Swim Trunks 3 or more

Shorts 10 or more

Underwear 10 or more

Casual Dinner Shirt 2

Khaki Shorts or Jeans 2

Closed Toe Athletic Shoes 1

Flip Flops 1

Long Sleeve Sun Shirt 1

Hat 1

Swim Shirt / Rash Guard 1

Tooth Brush 1

Soap 1

Shampoo 1

Aloe Vera 1

Sunscreen As much as you can carry

Mosquito Repellent 1

Snacks Optional (But encouraged)