



PANAMA TEAM TRIP FAQ

TRAVEL

WHERE IS LTN PANAMA LOCATED?

The LtN Panama site is in Bocas del Toro, a series of islands off the coast of Panama. To get to Bocas del Toro, we recommend flying into Panama City (PTY). From there, you can take a bus or short domestic flight from Albrook Airport (PAC) to Bocas del Toro (BOC).

When taking the domestic flight from Panama City, you will fly with Air Panama on a short 45-minute direct flight to Bocas del Toro. Flights leave from PAC, which is a 30-minute, \$25 cab ride from PTY airport or a 10-minute, \$5-10 cab ride from most hotels/hostels within the city. LtN will organize this cab ride on the group's behalf. The cost of the domestic flight is approximately \$200-250 round-trip.

IMPORTANT: *When booking flights to Panama City (PTY), please plan to arrive BEFORE 2:00PM when flying in, and book your flight home from Panama City (PTY) to depart AFTER 2:00PM. This measure is taken to ensure enough time for you to catch your flights to and from Bocas. LtN can help book your Air Panama flights upon request.*

HOW DO WE GET TO OUR ACCOMODATIONS FROM THE AIRPORT?

All groups will be picked up in Bocas Town upon arrival at the BOC airport.

DO I NEED A VISA TO ENTER PANAMA?

U.S. & Canadian citizens do not need a visa. Your passport must be valid for at least 6 months past your trip dates and you must show your exit ticket (flight ticket to leave Panama; a bus ticket is not sufficient). U.S. & Canadian citizens can stay in Panama for 6 months. For visa and entry requirements for other countries, please check with your country's embassy or consulate.

IMPORTANT: *All trip participants must have a valid passport to travel, meaning their passports may not be within 6 months of their expiration date when they enter the country.*

HEALTH AND SAFETY

IS PANAMA SAFE?

Yes, Panama City and Bocas del Toro are both safe areas to visit in Panama and in Central America in general. However, you should use common sense when traveling in these areas and be cognizant if/when traveling out of the tourist areas of town. The most frequent crimes are petty thefts and robberies so don't carry a lot of cash or flash valuables around especially after dark. Always travel as a group and/or use the buddy-system if, by chance, an LtN staff member is not present.



DO I NEED MEDICAL INSURANCE?

LtN provides all trip members with Emergency Travel insurance is included in your trip fee. It covers any emergencies that we will hopefully avoid while in-country. This travel insurance generally covers a \$100,000 Medical Maximum and a \$100,000 Emergency Medical Evacuation/Repatriation (in addition to the Medical Maximum).

IS THERE EMERGENCY MEDICAL CARE AVAILABLE?

Yes, for serious injuries or illness there is a hospital on Bocas Island about a 15-minute boat ride from our programs on Bastimentos Island, about a 5-minute cab ride from our programs on Bocas Island. For less serious medical conditions, there are several pharmacies close by that can provide prescription medication, antibiotics, and other medicine.

WHAT VACCINATIONS DO I NEED PRIOR TO ARRIVAL?

Please make sure all your vaccinations are up to date. We always defer to [the CDC website](#) in terms of vaccinations but they tend to be very cautious (not a bad idea!). We will not be in malaria zones while in Bocas del Toro so anti-malarial medication is not needed.

LOGISTICS

WHAT IS THE WEATHER LIKE IN PANAMA?

Temperatures are between 80 and 95 degrees Fahrenheit year-round. Panama is a tropical country with a rainy season and a dry season; however, in Bocas del Toro, these seasons are rather unpredictable. Most months are extremely rainy, with the exception of August, November, and December. Be sure to bring a rain jacket. If you own a water proof bag, it may be a good idea to bring as well.

WHAT ARE OUR ACCOMODATIONS LIKE?

Group trips will be housed at one of the local hostels or hotels that we partner with. The exact location will be determined by the group size, activities planned, budget, and itinerary.

SHOULD I BRING CONVERTERS OR ADAPTERS TO CHARGE ELECTRONICS?

No, outlets in Panama are the same as the U.S. so your American chargers will fit without an adapter.

WHAT DO WE EAT?

Breakfasts are served on site at your place of lodging. Lunches are usually "comida tipica" (rice, beans, chicken, plantains) prepared in the local communities. Dinners vary based on group but may include local cuisine prepared by a private chef at your hotel, eating out at restaurants in town, and/or meals cooked in the local village restaurants.

When filling out the Volunteer Health Information form, please note any dietary restrictions you may have so we can plan accordingly.



IS THE WATER SAFE TO DRINK?

The tap water in Bocas del Toro is NOT drinkable. We drink bottled water throughout the trip. Showering and brushing teeth in the tap water is not a concern as well as eating fruits and vegetables. PLEASE BRING A WATER BOTTLE that you can fill up at the hotel.

IS THERE INTERNET?

You will have access to the internet when you are in the hotel. An LtN staff member will always have a phone to be able to contact water taxis and in case of emergency. We suggest limiting the times when cell phones and the internet are used, as we want all participants to be immersed in the local culture and appreciate their surroundings.

DO I NEED A CELL PHONE?

No, you do not unless you would like to stay in touch with people by phone or take pictures/videos. An LtN staff member will always be present, or will provide the group leader with a phone to use throughout the trip.

IS THERE A BANK?

Yes. There is one bank in Bocas, Banco Nacional, where you can withdrawal a maximum of \$500/day. Please make sure your bank knows you are traveling out of the country otherwise they will cancel your card. American dollars are used as the currency in Panama.

HOW MUCH EXTRA SPENDING MONEY WILL I NEED?

For most groups, all meals & most activities are included so very little extra spending money is needed. \$100 per week per person to cover souvenirs, snacks, and small expenses should be plenty.

SHOULD WE BRING EQUIPMENT OR OTHER THINGS TO DONATE?

It is by no means mandatory, but should you wish to bring new or gently used lacrosse or other athletic gear and supplies with you to leave in Panama we are thrilled to accept donations.

**Please do not hand these out directly to children, though, as we do not want them to expect to receive gifts every time there are volunteers/visitors. Your donated supplies will be distributed by an LtN staff member appropriately.

WHAT TO PACK

Please pack light, comfortable, modest clothing for your visit to Panama. The culture in Bocas del Toro is fairly modest. What you wear will have an impact on how you are perceived. **Avoid ripped or excessively revealing clothing. Also, please avoid wearing tank tops that reveal your shoulders during LtN practices.** *Please review our packing list below:*

PACKING LIST

CLOTHES:

- Lightweight/athletic t-shirts (2 per day)
- ****Please make sure your shoulders are covered**
- Regular t-shirts (1 per day)
- Athletic shorts (2 per day)
- Regular shorts (2-3 pairs)
- Bathing suits/swim trunks (at least 2)
- Jeans or pants (1 pairs)
- Long-sleeve t-shirt/light sweater (1)
- RAIN JACKET (1)

Optional for girls:

- Dresses or skirts (1 or 2)
- Beach/Bathing Suit Cover-Up (1)

2 PER DAY OF THE FOLLOWING:

- Socks
- Underwear

For girls:

- Sports bras

SHOES:

- Tennis shoes/Sneakers (1-2 pairs, **MUST** be close-toed)
- Flip flops/Sandals/Water shoes (Chacos, Teva's, Crocs, etc)

USEFUL ITEMS

- Sunglasses
- Hat
- Beach towel
- Shower towel
- Small towel/washcloth
- **Bug Spray**
- **Sunscreen**
- Small Daypack (if you have a waterproof bag, that would be ideal)
- **Water bottle**
- Toiletries
- Copy of your passport & travel itinerary

OPTIONAL ITEMS:

- Your lax stick
- Wireless speaker
- Camera/GoPro
- Small first-aid kit
- Book or e-reader
- Spanish-English Dictionary
- Small Games/Cards
- Journal
- Watch



PAYMENT AND CANCELLATION POLICIES

HOW MUCH DOES A TEAM TRIP TO PANAMA COST?

Prior to leaving for Panama, each participant will pay a trip service fee of \$250/night per person. This covers hotel, transportation, all meals, and a one-day trip (non-service related). Groups usually arrive Sunday and depart Sunday, (total cost \$1,500) or arrive Sunday and depart Saturday (total cost \$1,250). If LtN books your flights from PTY to Bocas the total cost will increase by \$250 USD (total cost of \$1,750 or \$1,500 respectively).

WHEN ARE PAYMENTS DUE?

To hold your place in the program, a deposit of \$250.00 per trip member must be submitted by the trip planner no later than (90) days prior to your program start date. Each trip member is responsible for purchasing their own airline ticket. The balance of the program fee (total trip cost less deposit) must be received no later than (30) days prior to the program start date.

WHAT'S THE CANCELLATION POLICY?

CANCELLATION BY LtN In the event of a Trip Member's cancellation by LtN, the total amount of the Program fee paid to LtN by the Trip Member will be refunded.

CANCELLATION BY TRIP PLANNER/PARTICIPANT If the Trip Planner/Participant cancels for any reason, the Trip Planner/Participant must notify LtN in writing. If the cancellation is effective sixty (60) days or more prior to the program start date, the total amount of the program fee paid, less the Deposit, will be refunded. A single refund will be issued to the Trip Planner/Participant within fourteen (14) days of written notice of cancellation.

If the cancellation is effective less than thirty (30) days prior to the program start date, neither the program fee nor the deposit will be refunded. However, the trip member will receive credit for 50% of the program fees paid by trip member that can be utilized towards participation in another Program occurring within twelve (12) months of the original Program start date.

No refunds or credits will be issued if the cancellation is effective on or after the program start date. The initial deposit is non-refundable, except in cases of COVID-related travel policies or LtN canceling the trip.