

Canopy Camp Gear List

A visit to the Canopy Camp will take you far into the lowlands of eastern Panama, far from big cities and into Central America's most biologically diverse corridor. Things may be just a little wilder than a stay at our other lodges. We provide you with this general list to make sure you are fully prepared for everything the Canopy Camp has to offer! These are suggestions, and of course this list is not limited; consider your own personal needs as well.

- ✓ Sun Protection: sunscreen and a wide-brimmed hat
- ✓ Insect repellent (we provide sulphur powder for ticks and chiggers)
- ✓ Waterproof jacket
- ✓ Head lamp for around camp after dark (and extra batteries) – having a “hands-free” is very helpful
- ✓ Water bottle or canteen, you can refill your bottle daily at camp
- ✓ Rubber boots/wellies are highly recommended as many of the trails are muddy year-round
- ✓ Closed-toe hiking shoes
- ✓ Sandals for around camp
- ✓ Daypack to carry water bottle and field gear
- ✓ Binoculars (preferably waterproof)
- ✓ Camera (and charger/extra batteries)
- ✓ Plastic bags to keep passports and electronics dry. Silica gel packs are useful when battling rain and humidity.



Also check out our [Canopy Camp FAQs](#) for more information regarding a visit to the Canopy Camp