



PACKING LIST

Panama enjoys a tropical climate and average daytime temperature of 85 degrees Fahrenheit, with slightly cooler temperatures at night. The average humidity is 70%.

We suggest you pack the following items to ensure your stay at Islas Secas Resort is as comfortable and enjoyable as possible:

- Light clothing
- Bathing suit
- Wide brim hat
- Sunglasses
- Sun block (we recommend SPF 30 or above)
- Repellent
- Sandals or flip flops
- Walking/hiking shoes
- Small flashlight or headlamp
- Any prescription medication you may require