



PRINTABLE CHECKLIST BOAT DAY PACKING LIST

Coiba · Gulf of Montijo · Cébaco · Pedasí

Tick each item as it goes in your bag. When everything's crossed out, **you're good to go!** When in doubt, leave it out

1 WHAT TO WEAR

- ☐ Long-sleeve shirt or rash guard
The sun near the equator burns fast, even on cloudy days
- ☐ Swimsuit
- ☐ Wide-brim hat **with strap**
- ☐ Polarized UV400 sunglasses **with strap**
- ☐ Non-slip shoes you can get wet
- ☐ Light raincoat or windbreaker
Afternoon showers, May to November

2 IN YOUR BAG

- ☐ **Original** passport or ID card
Required by Panamanian law. A photo or copy isn't enough
- ☐ Biodegradable, reef-safe sunscreen
- ☐ Quick-dry towel
- ☐ Insulated or reusable bottle
We carry water and ice for everyone
- ☐ Dry bag for phone, camera and documents
- ☐ Some cash for tips and extras
No ATMs at the docks
- ☐ After-sun lotion, for later at the hotel

3 BEFORE YOU SAIL

- ☐ Park entrance fee **paid online**
reservasap.miambiente.gob.pa · can't be paid at the park
- ☐ Motion-sickness pill, 60 min before (if needed)
- ☐ Light breakfast
- ☐ Restroom stop
There's no restroom on board

4 EXTRAS BY TOUR

SNORKELING & ISLAND HOPPING

- ☐ Your own mask (optional, we have all sizes)
- ☐ Camera with floating strap

WHALES & DOLPHINS

- ☐ Camera with zoom

SPORT FISHING

- ☐ Sun gloves and a buff

MANGROVES, KAYAK & COMMUNITY

- ☐ Insect repellent and shoes that can get muddy

LEAVE AT HOME

Single-use plastics & foam ✗ Regular sunscreen ✗ Glass bottles ✗ Heels ✗ Big luggage ✗ Pets ✗ Loud speakers
Drinks are fine on board (no glass), but no alcohol on the islands or beaches. Drones need a MiAmbiente permit.

PARK ENTRANCE FEES

Protected area	Foreign visitors	Panamanians
Coiba National Park	US\$20	US\$5
Gulf of Montijo	US\$5	US\$3
Isla Iguana & Isla Cañas	US\$10	US\$4
Cébaco Island	No fee	No fee

Set by MiAmbiente, not included in the tour price. Pay online at reservasap.miambiente.gob.pa. Rates as of September 2026.

Pacific Adventure Tours · El Bongo, Montijo, Veraguas, Panama



SEE YOU ON BOARD!

Questions before your tour? Scan to chat with us on WhatsApp, or write to +507 6673-0256.

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