



## PANAMA BIRDING TOURS

### GENERAL INFORMATION



*Spotted Antbird is one of the many fantastic targets in Panama.*

## OUR PANAMA BIRDING TOURS

Panama offers some of the finest birding in all of Latin America. With an amazing assortment of highlight bird and mammal species, we are happy to currently offer two different tours of this great country. The first offers a more comprehensive approach to Panama with visits to all of the key birding areas, while the second is intended to serve as a relaxing escape from the harsh winters of the Northern Hemisphere with a week-long stay at the incredible Canopy Tower.

1. [Panama: The Best of Panama](#)
2. [Panama Escape: A week at Canopy Tower](#)

Whether this is your first visit to the neotropics or you are a seasoned traveler to the region, both trips offer loads of fun and enjoyment and we would love to have you along.

## PASSPORT AND VISA

All foreign visitors to Panama require a valid passport to enter the country which must be valid for six months after your departure date. In recent years this has become more strictly enforced at entry so, please, double check well in advance, that your passport is valid and has enough time until expiration.

Citizens of the United States, Canada and the United Kingdom do not require a visa to enter Panama and may have visits of up to six months. Travelers from other destinations, please check the [embassy of Panama website](#) for entry requirements for your home country. Regulations could change, so it is best to double check things prior to travel to ensure everything is in order.

It is a good idea to always keep your passport and important documents with you, especially if traveling further from the lodge for the day. We may be subject to random immigration checks and being without a passport can cause delays, if we are far away from the lodge and must retrieve them. For trips around the lodge and nearby, it is safe to leave these important documents in your room where there is a safe available, should you wish to use it.

## TRAVEL AND MEDICAL INSURANCE

We highly recommend purchasing trip cancellation or interruption insurance as our tour payments are non-refundable according to [our terms and conditions](#). It's best to choose a plan that covers all medical care, emergency evacuation to your home country, repatriation, and cancellation due to illness or any other reason before your trip.

## MEDICAL CONDITIONS

Please make sure that you are covered by medical insurance in case of an emergency while on this trip. Without insurance the cost of medical care can be extremely high. Please notify us at the time

of registering for this tour of any medical conditions you think we should know about (including allergies, heart conditions, epilepsy, walking limitations, etc.). This will greatly help us to cater to your needs and update emergency services if required.

## HEALTH AND SAFETY

Panama is generally considered a safe, healthy, and clean country with minimal risks and concerns. Of course, like every location, one should be alert to suspicious activities and potentially harmful areas. This is especially true if you will be doing extra activities on your own outside of our planned tour route. It is highly recommended to check with your local clinic and doctors or the Centers for Disease Control (CDC) for the most up-to-date information regarding travel to Panama and any precautions that may be best for you.

The Canopy family tells us that in over 20 years of business, no guest has ever contracted any tropical diseases. Nevertheless, we still recommend standard insect and sun protection, with long sleeves and possibly preventative sprays or creams. Insects are not typically a major issue, but they can affect individuals differently, so it is best to be prepared.

## WATER AND FOOD

Healthy drinking water will be offered to everyone throughout the trip. The lodges have safe water dispensers to fill up a tumbler or your reusable water bottles. It is important to bring a refillable bottle for your trip so that you can fill it up in the mornings before heading out on our daily excursions. If you don't bring one, the lodge will have some available upon arrival. The water provided from bathroom taps and showers at the Canopy Tower and Canopy Lodge is suitable for brushing teeth and other personal hygiene requirements. In most areas of Panama, drinking water undergoes treatment processes, making tap water generally safe for consumption. Taps should be marked as safe for drinking, but if you ever have a question, please do ask.

## CURRENCY

The official currency of Panama is the Panamanian Balboa, but this has been tied 1:1 with the US Dollar (USD) since its creation in 1904. Prices may be labeled as Balboa; however, this amount is the same as USD. There are only Balboa coins, no bills/notes. US bills and coins are in circulation throughout Panama and are accepted everywhere. Currency may be exchanged at the airport upon arrival; please note that it may become difficult to exchange once you leave the airport. ATMs are located within a reasonable distance of all lodges we visit in Panama, but these may carry fees. We recommend that you bring all the cash you need with you to avoid any delays or detours to draw more cash.

Items that you may wish to purchase at the lodges, such as alcohol, laundry service, gifts/souvenirs, etc., may be purchased with Visa or Mastercard credit cards. Major credit cards are also typically accepted throughout Panama.

## ELECTRICITY

The electrical output in Panama is 110/120V and features Type A and Type B plugs, the same as in the USA and Canada. Please be sure to pack the proper adapters, if needed. Please be mindful of your electricity consumption as we typically stay in more remote areas, especially at Canopy Camp which is fully powered by solar energy with a battery bank storage system.

## COMMUNICATIONS

All the lodges we use in Panama offer Wi-Fi access; however, signal strength depends on both location and weather conditions. The most reliable connection is found at the Canopy Tower, whereas at the Canopy Camp the Wi-Fi is inconsistent, can be hard to connect to and is sometimes unavailable. Please contact family and friends as needed before arrival at the camp so that they are not worried should we be isolated with limited connectivity. There is typically cell phone service at all of the lodges. If there is an emergency, or similar, the managers and guides will be able to assist you, should you not have cell phone service or access.

## SHOPPING AND SOUVENIRS

There will be opportunities to do some shopping for souvenirs while on this trip. All Canopy Family lodges feature some items for purchase or a gift shop on site. Visa and Mastercard are both accepted at the lodges, in addition to cash. There may also be some opportunities for purchasing souvenirs from local people, depending on the tour and if any cultural trips are featured or not. For souvenirs you will likely need cash, so if this interests you, please plan and pack accordingly.

## LUGGAGE

On all our trips in Panama there will be enough space for each participant to bring one medium-sized suitcase, plus a day pack to keep at your seat with you. Please be considerate if carrying large cameras or tripods, as these can take up space. Try to avoid blocking seats and aisles or impacting the comfort of others.

## BOOKS

**The Birds of Panama** (Angehr and Dean, 2011) is the best field guide for Panama and the one we recommend you use if looking to study. Your Birding Ecotours guide should bring along a copy of this to share with the group.

The Merlin Bird ID app is also a good tool to use and prepare for your trip. You will want to download the pack for Panama in advance of your trip.

Additionally, you may be interested in **Birds of Central America: Belize, Guatemala, Honduras, El Salvador, Nicaragua, Costa Rica, and Panama** (Vallely and Dyer, 2018) which is a more comprehensive coverage of all Central America.