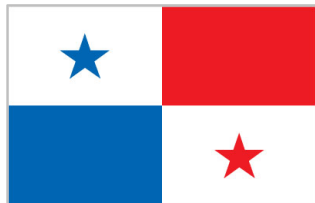


Panama

Travel Facts



US State Dept Travel Advisory

The US Department of State currently recommends US citizens exercise increased caution in Panama due to crime. Some areas have increased risk. Consult its website via the link below for updates to travel advisories and statements on safety, security, local laws, and special circumstances in this country.

<https://travel.state.gov/content/travel/en/traveladvisories/traveladvisories.html>

Passport/Visa Requirements

US citizens should make sure their passport will not expire for at least 3 months after they enter the country even if they do not intend to stay that long. They should also make sure they have at least 1 blank page in their passport for any entry stamp that will be required. A visa is not required.

US Embassy/Consulate

[507] 317-5000; US Embassy in Panama City, Building 783, Demetrio Basilio Lakas Avenue, Clayton, Panama; Panama-ACS@state.gov; <https://pa.usembassy.gov/>

LGBTQ+ Travelers

When venturing abroad, LGBTQ+ travelers can face unique challenges since laws, attitudes, and legal protections vary from country to country. Consult the website via the link below to learn what precautions to take before and during your trip.

<https://travel.state.gov/content/travel/en/international-travel/before-you-go/travelers-with-special-considerations/lgbtqi.html>

Telephone Code

507

Local Emergency Phone

Ambulance: 269-9778; Fire: 103; Police 104

Vaccinations

An International Certificate of Vaccination for yellow fever is required for travelers arriving from countries with a risk of yellow fever transmission and for travelers having transited through the airport of a country with risk of yellow fever transmission. See WHO recommendations. <http://www.who.int/>

Climate

Tropical maritime; hot, humid, cloudy; prolonged rainy season (May to January), short dry season (January to May)

Currency (Code)

Balboas (PAB)

Electricity/Voltage/Plug Type(s)

120 V / 60 Hz / plug types(s): A, B



Major Languages

Spanish, indigenous languages, Panamanian English Creole, Arabic, French Creole, other (Yiddish, Hebrew, Korean, Japanese)

Major Religions

Roman Catholic 48.6%, Evangelical 30.2%, other 4.7%, agnostic 0.2%, atheist 0.2%

Time Difference

UTC-5 (same time as Washington, DC, during Standard Time)

Potable Water

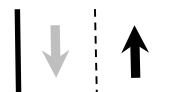
Opt for bottled water

International Driving Permit

Suggested

Road Driving Side

Right



Tourist Destinations

Panama Canal; Bocas Town; Coiba Island; San Blas Islands; Santa Catalina; Panamanian coral reefs

Major Sports

Baseball, soccer, boxing, basketball

Cultural Practices

It's traditional to greet people using 'Buenas'. When shaking hands, don't use too tight a grip as this can be perceived as slightly aggressive.

Tipping Guidelines

A 10% tip is appropriate at restaurants. Taxi drivers do not expect tips..

Souvenirs

Mola- and embroidered-cloth items, woven baskets, pre-Columbian inspired gold jewelry

Traditional Cuisine

Sancocho de Gallina (Chicken Stew) - chicken, corn, and root vegetables such as ñame, yuca, and otoi, flavored with culantro (an herb similar to cilantro); typically served with a side of white rice

