



PACK IN STYLE:

Essentials for your trip to Panama



- Hat or cap
- Sunglasses



- Sunscreen
- Mosquito repellent



- Practical backpack for outdoor activities



- Comfortable athletic wear
- Beachwear
- Casual wear for daytime activities



- Semi-formal attire for dinners
- Sneakers, flip-flops, and comfortable shoes



- Lightweight jacket*
- Travel adapter (in Panama, the outlets are type A and B)

* Light jacket (recommended for events, dinners, and air-conditioned spaces)



PACK IN STYLE:

ICCA 2026 Congress Essentials



ICCA 2026 Congress Essentials

- Even though Panama is a tropical country, the convention center maintains constant air conditioning, and indoor areas can feel quite cold.
- Sunglasses
- Comfortable shoes



- Laptop and charger
- Portable charger (power bank)
- Adapters and cables
- Business cards
- Notebook or tablet for note-taking
- The convention center has ATM facilities available.



- Personal medications
- Small toiletries
- Snacks
- Water bottle
- A comfortable backpack or bag



GENERAL INFORMATION



Capital

Panama City



Official currency

U.S. dollar Balboa



Official language

Spanish
(English as a
second language)



Population

4.8 million
(estimated)



Electricity

Voltage 110 V



Weather

Humid tropical, with
temperatures in Panama
City ranging from 24 °C
to 30 °C (75.2 °F – 84.2
°F).

The country has two distinct seasons



Dry season (summer)

From late December to
mid-April



Green Season

From mid-April to late
December.

