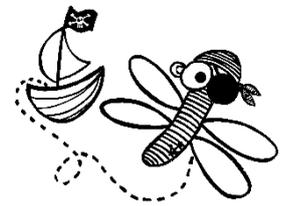


# IMPORTANT TRAVEL INFORMATION



## *Confort on board*

The San Blas Islands are in a remote Indian territory with no modern facilities like marinas, docks, grocery stores, large restaurants etc.

All needs to be flown in from Panama City.

If you have any special requests for food & drink please let us know in advance so we can get it in from Panama City.

A charter sailing holiday is an adventurous way of discovering remote areas.

The crew will try their best to make the trip as pleasant and organized as possible, but please approach this holiday with an adventurous spirit expecting that plans might change due to weather or other conditions, and that at times luxury and confort might be a bit less than at home or in a hotel.

## *Vaccinations*

The best is to check with your local health organization ; we never heard of Malaria in the region of San Blas but we recomend to bring good insect repelent.

## *Money*

There is no ATMs in San Blas so we recomend you to withdraw Money in Panamá city with your card if you want to buy local handcraft or souvenirs (enough 1\$-5\$ bill because they also wont have change)

Panamá is a dollar economy and uses US dollar.

If you are comming by land you will have to pay your jeep and local boat to the Gunas at the moment so bring enough cash with you.

Also 20\$ taxes will be required at the entrance of the región with the jeep and 5\$ with the plane.

## *What should I bring in my lugagge?*

You will end up not using half of you bring. Come light and avoid rigid suitcase (much better backpacks than big suitcase)

Moskito Spray, sunscreen, a towel fot the beach, some swim costume and light clothes with be enough.

You will also have time to read so include some magazines or books and you're ready!

## *Insurance*

You will allways need to carry your own travel insurance

## *Tipping*

Tipping is not mandatory but if you are satisfied with the service you can leave a tip to the crew. They will be very gratefull.

## *Transportation to the boat*

If you travel by land and you have not organized 4x4 transport to Carti and also the taxiboat to the sailing vessel by yourselves, talk with us to offer you different options.

# Have a great trip!

Marina & Jose

Sailing Life Experience

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