

Panama

Travel Facts



US State Department Travel Advisory

The US State Department currently recommends US citizens exercise increased caution in Panama due to crime. Some areas have increased risk. <https://travel.state.gov/content/travel/en/traveladvisories/traveladvisories.html>

Passport/Visa Requirements

For the latest passport and visa requirements for this country, please consult the US State Department's "Learn About Your Destination" search tool, available through the link below.

<https://travel.state.gov/content/travel/en/international-travel/International-Travel-Country-Information-Pages.html>

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/>

LGBTQIA+, Women, and Special Needs Travelers

Additional travel considerations can be found on the US State Department's International Travel page.

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

Telephone Code

507

Local Emergency Phone

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

Vaccinations

The CDC and WHO recommend the following vaccinations for Panama: typhoid, hepatitis A, polio, yellow fever, chikungunya, rabies, hepatitis B, influenza, COVID-19, pneumonia, meningitis, chickenpox, shingles, Tdap (tetanus, diphtheria and pertussis) and measles, mumps and rubella (MMR). <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



Type A



Type B

Major Languages

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

Major Religions

Roman Catholic, Evangelical, other, agnostic, atheist

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

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