



PANAMA

FIELD GUIDE

Table of Contents

THE
CENTER **4**

PROGRAM
COSTS **13**

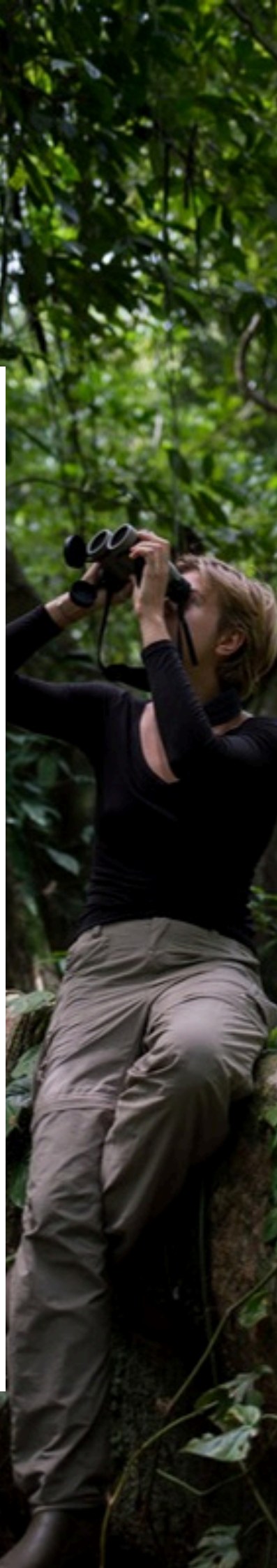
MEDICAL
REQUIREMENTS **15**

CONTACT US **19**

10 HEALTH &
SAFETY IN THE
FIELD

14 TRAVEL

17 PACKING:
REQUIRED &
OPTIONAL





LIFE IN THE FIELD



Academic Foci

- The center is located in a Caribbean archipelago covered in mangrove forests and coral reefs.
- Panama connects North America and Central America to South America. This creates an astounding density of species and ecosystem richness that few places in the world can compete with.
- Climate change and increased tourism on the islands have led to ecosystem and natural resource degradation which in turn is threatening islanders' traditional livelihoods.

SEMESTER: TROPICAL ISLAND BIODIVERSITY STUDIES

Rainforest and marine ecology. Marine protected areas. Indigenous tourism and sustainability. Tourism impacts on ecosystems and human populations. Conservation and natural resource management. Ecosystem health assessments.

SUMMER 1: TROPICAL ISLAND ECOSYSTEMS: THE HUMAN IMPACT

Rainforest and marine ecology. Marine protected areas. Indigenous tourism and sustainability. Tourism impacts on ecosystems and human populations. Conservation and natural resource management. Ecosystem health assessments.

Each program combines theory learned in the classroom alongside field-based applications. Time in the classroom is structured to give students a solid understanding of environmental history, theory, and conservation techniques before deploying their knowledge or specific techniques in the field. All classes are taught in English.



Setting and Facilities

A former hotel in the tourist hotspot of Bocas del Toro. **RURAL** ← —————→ **URBAN**

BOCAS TOWN

10-minute drive

Population ~13,000

Nearest town. Hotels, restaurants, bars, markets, a bank and ATMs.

PANAMA CITY

1-hour flight

Population ~1,940,000

Capital city. International airport and advanced medical care. The Panama Canal.

HOUSING

Five rooms, 4-6 people per room in twin bunk beds. Shared closet and storage cubbies. Each room has AC and fan.

En-suite bathroom with shower (hot water) and western-style toilet.

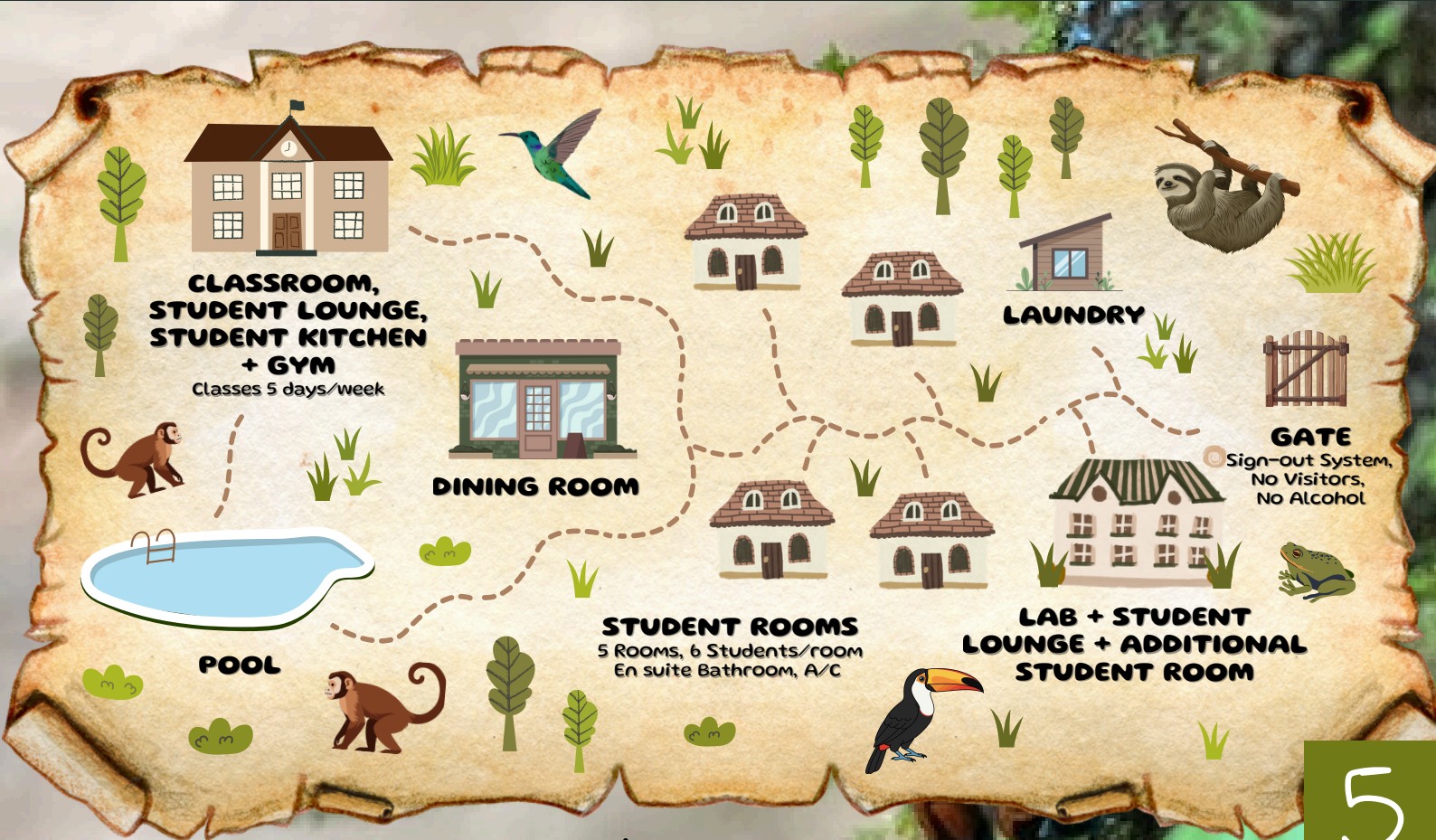
OTHER FACILITIES

Student lounge with TV and games.

Lab and library space, outdoor student kitchen, open-air classroom, kitchen and dining room, and pool.

Laundry washed by staff once per week (detergent provided). A sink is available for students wanting to wash delicates or hand wash their clothes more frequently.

Center Map





Campus Policies



CURFEW, SIGN-OUT LOG & BUDDY POLICY

Because center locations are often unfamiliar to students, policies including nightly curfew, sign-out logs, and a buddy system help keep students safe.



CHORES

Students are expected to take responsibility for their space during their stay. Students will help clean-up after meals about once a week. Specific chore responsibilities and schedules will be shared during orientation.



DRUGS PROHIBITED

Consumption or possession of alcohol is limited on campus. Students who consume alcohol need to do so in moderation and maintain respectful behavior toward others.

SFS does not allow possession or use of any medications or substances that are illegal in the U.S. or host country for the full duration of SFS programs including free time and weekends away. Check local laws before possessing, purchasing, or using e-cigarettes or vaping devices on program.



NO VISITORS

Students are obligated to stay at the center during program time. No visitors are allowed on campus without center staff approval. If family or friends are planning on visiting have them do so during program breaks or coordinate with the center director for approval. Time off during program time to spend with guests is limited.



TIME OFF IS LIMITED

Students will have highly structured schedules on weekdays and Saturdays with Sundays generally free to spend at the center or in town. Attendance is required for all activities including multi-day trips that may fall on the weekends. Semester students will have a 7-9 day mid-semester break and two weekends away. Summer students will have 1 weekend off to travel independently. Students are responsible for their own food and accommodations during non-program time. Students are not allowed to stay at the center during the mid-semester break. See page 12 for estimated costs.



NO KNIVES OR WEAPONS



Community Interaction

Students live at a center, rather than a homestay, local apartment, or university dorm. This means they will not navigate the local culture, cuisine, or language every day. However, meaningful research is only possible with the input of local people, so community engagement and Directed Research projects vary each term to reflect the requests of our partners. Some examples of past outreach initiatives include planting trees, working in community gardens, and outreach at schools.



Food

SFS can support most dietary needs, but the variety of food will be extremely limited due to local availability and cost. SFS cannot accommodate life-threatening gluten allergies or strict Halal or Kosher diets. Meals are simple and repeat every week, so SFS always recommends bringing vitamins, protein bars, nuts, favorite snacks, etc. Students are expected to provide their own meals on Sundays.

Meals may consist of rice, beans, vegetables, plantains, and fresh fruit. Snacks may include tea, coffee and fruit.



Exercise

At the center, there are dumbbells, yoga mats, and jump ropes. In town, there is a paid gym.



Money

The local currency is the Panamanian Balboa (PAB) and the U.S. Dollar (USD).

Both cash and debit/credit cards are widely accepted. All students are required to bring a credit/debit card with at least \$3,000 in funds in case of emergencies. Mastercard and Visa are the most commonly accepted cards internationally. Notify banks about international travel.

Students should bring at least \$500 USD (bills no larger than \$20 USD, \$1's recommended) with them to start (see page 12). \$100 USD of this will be used as a room/medical deposit and will be returned in full at the end of the program if there are no damages or medical visits. It is beneficial to have \$50-100 USD of this in \$1 and \$5 USD bills. Students will have access to ATMs in Bocas, but cards must have a PIN less than 4 numbers to withdraw money. ATMs on the island are frequently closed or out of money. In general, expect slightly higher costs in Panama than in the U.S.



Climate

Students will be exposed to high heat and humidity and mud and mold. "Dry" season runs January - May and August - November. Despite it being the "dry" season, rain is still extremely common.

Rainy season runs May - August and November - January.

Multi-day torrential downpours are common.

Temperatures in Bocas Town range from 75-85°F with high humidity. Hurricanes are not common in the area.



Considerations

Language: Spanish is the official language. Locals have intermediate to advanced knowledge of English. Students without basic Spanish may find interactions with locals limited. Most of students' time will be spent with their cohort, so do not expect to practice the local language daily.

Culture and Diversity: 72% of the population identifies as Mixed, 12% Indigenous, 9% Black, and 7% White. 91% are Catholic. Racial features used as nicknames (Gringo, Negro, etc.) Spanish is a gendered language. Catcalling is common.

Physical Readiness: Students will need to walk/stand for up to 3 hours at a time and be able to swim and snorkel in the open ocean. Successful swim assessment required to not wear a lifejacket during water activities.

Hazards: Snakes, spiders, scorpions, insects, bats, monkeys, jellyfish, sharks, heat and humidity, etc.

Travel: Students will frequently travel short distances by boat. No field sites are located outside of Bocas del Toro province.



Electricity

The electrical voltage in Panama is 110 (the U.S. uses 120). U.S. Students will not need a voltage converter. Panama uses plug type A (the U.S. uses A and B). All U.S. students should bring B to A plug adaptors.

There are frequent power outages. During that time, there will be no internet, hot water, air-conditioning, charging, etc.



Internet

Wireless internet is available at the center, but it can be slow and sometimes unavailable. SFS reserves the right to limit internet activities occurring on our servers including, but not limited to, streaming or downloading audio/video content (Facetime, Netflix, etc.).



Computers

Students must bring laptops with Microsoft Office (or the ability to open Microsoft files offline) and a USB port (or USB adapter). Electronic devices are subjected to a much harsher environment than normal, which may cause malfunction. In particular, Apple products do not fare well in high humidity, and there are no nearby Apple stores. All devices are difficult to repair or replace locally, so please take extra precautions.



Phones

Most students purchase eSims or local sim cards if they have unlocked phones. Students without sim cards are provided with local phones. Students are responsible for maintaining credit on their phone to communicate with staff and peers. Unlimited plans cost approximately ~\$20 USD per month or students can pay for credit as needed.



Mail

No mail is permitted to be sent directly to the center. Students can choose to register with Bocas Island Express and receive mail for ~\$5 USD / lb. Do not send any medications by mail. The average one-way travel time for mail from Miami to Panama is 3-4 business days. Therefore, no mail can be sent during the last week of programs, as students will not receive it! Mail will not be forwarded.





Sample Schedule

This schedule is a sample; no week will follow it exactly. Programs typically begin with long classroom days and transition into more fieldwork later on. Final schedules are provided upon arrival and are subject to change, including the day-of, due to weather, availability, and factors outside of SFS’ control. Flexibility is essential.

All events are mandatory. We respect religious and cultural observances, but because of our cohort-based field programs, accommodations (schedule changes, special meals, personal observance time, etc.) may be limited. Communicate any anticipated needs with SFS in advance to discuss any feasible arrangements.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
Free time at the Center/ In Town (Homework, Exploring, Surfing, Diving, Hiking, Relaxation) At the center, students will prepare food for themselves during days off.	8-9am Breakfast & Morning Meeting	8-9am Breakfast & Morning Meeting	8-9am Breakfast, Pack Lunch, & Morning Meeting	8-9am Breakfast & Morning Meeting	8-9am Breakfast, Pack Lunch, & Morning Meeting	8-9am Breakfast & Morning Meeting	
	9am-12pm Tropical Coastal Ecology-Field Work	9-10:15am Environmental Governance, Development, & Conservation - Lecture	8:30am-6pm Field Trip w/ Lunch in the Field	9-10:15am Tropical Coastal Ecology - Lecture	9-10:15am Environmental Governance, Development, & Conservation - Lecture	9am-12pm Optional Community Engagement	
		10:30am-12:15pm Tropical Coastal Ecology - Project Proposal Writing		10:30am-12:15pm Tropical Coastal Ecology - Project			
	12:30-1pm Lunch	12:30-1pm Lunch		12:30-1pm Lunch	12:30-1pm Lunch	12:30-1pm Lunch	
	1:30-3:30pm Forest Ecology & Resource Management - Lecture	1-2:30pm Free time at the Center	Field trips can be any day of the week and occasionally last multiple days.	1-4:45pm Environmental Governance, Development, & Conservation - Guest Lecture	10:30am-6pm Field Trip w/ Lunch in the Field	1-6pm Free time at the Center/ In Town	
		2:30-4:15pm Forest Ecology & Resource Management - Lecture					
	4-5pm Cultural Competence in Conservation - Evaluation	4:30-6pm Forest Ecology & Resource Management - Documentary		5-6pm Community Engagement			
	6-6:30pm Dinner	6-6:30pm Dinner	6-6:30pm Dinner	6-6:30pm Dinner	6-6:30pm Dinner	6-6:30pm Dinner	6-6:30pm Dinner
	6:30-11pm Free time at the Center/ In Town	6:30-11pm Free time at the Center/ In Town	6:30-11pm Free time at the Center/ In Town	7-8:30pm Game night!	6:30pm-12am Free time at the Center/ In Town	6:30pm-1am Free time at the Center/ In Town	
12am Curfew	11pm Curfew	11pm Curfew	11pm Curfew	11pm Curfew	12am Curfew	12am Curfew	

- Meals and Announcements
- Free Time
- Community Engagement
- Classroom Time
- Field Work
- Curfew



Health & Safety in the Field



24-Hour Emergency Hotline

SFS maintains a 24-hour emergency hotline. To urgently contact a student in the field, call 978.219.5113.



Health & Wellness Manager

The Student Health & Wellness Manager is a full-time primary medical responder and student support personnel on campus and on excursions. They are certified in Wilderness First Response, or an equivalent certification, and trained in sexual assault first response. They also advise students on life abroad, conduct risk assessments, and attend medical appointments.



Orientation

Prior to departure, SFS requires attendance at a pre-departure orientation focused on essential aspects of the program. Students must also research the inherent risks associated with traveling abroad and cultural considerations themselves. Upon arrival to campus, students receive an additional orientation about the local community and culture, center operations, and relevant risks.



Medical Care

SFS maintains detailed risk assessment and management plans. If a medical care facility visit is needed, staff will accompany the student to the appointment. There may be times when medical care is delayed. Students are responsible for all medical costs and all incidental expenses related to injury, illness, or quarantine incurred by any party involved, including but not limited to transportation, accommodations, etc. Some medical conditions may necessitate medical withdrawal from the program. Final decisions on medical withdrawals are made by SFS. See the Health and Safety Guide for more information.



Mental Health Support

Adjusting to new environments while away from usual support systems is challenging. While abroad, there is decreased communication with home, limited privacy, and fewer opportunities for exercise. Many students find the rigorous schedule of SFS programs and the rare opportunities for alone time overwhelming.

SFS is partnered with Telus Health ([My SSP website](#)) to provide students with access to free, mental health and wellness support via WIFI. My SSP is a supplemental resource, and students should work with their mental health provider to create a primary support plan while abroad. See the Health and Safety Guide for more information.



Identity

Each country is shaped by its history, and therefore attitudes towards gender, sexual orientation, ethnicity, and religion can differ greatly. What seems like discrimination may simply be curiosity. Students should research how their identity might be perceived in a new context.

Studying abroad is a privilege, and it is not our students' place to change the host country's culture or values. SFS campuses are permanent fixtures and home to staff year-round. As representatives of SFS and students' own countries, behavior that is disrespectful, illegal, or contrary to cultural norms can degrade the relationship with the community.



Sexual Health & Wellness

Please consider:

- The ramifications that a short-term relationship may have on a small residential campus or within the local community.
- Access to protection, medication for sexually transmitted infections, and emergency contraception may not be available.
- The current dialogue and understanding of consent in the U.S. does not always apply in other cultures.
- If anyone feels subjected to sexual harassment, they should walk away from the situation without concern for being culturally inappropriate. They can report harassment or assault to any staff member.
- In the case of a sexual assault, SFS provides support to student including access to medical care and support systems and the option to report to law enforcement. However, local laws and limited availability of resources such as rape kits can complicate reports of sexual harassment or sexual assault in foreign countries.



LGBTQIA+

SFS welcomes all students at our centers, but recommends students know the following when traveling:

- Laws and social customs of other countries may criminalize same-sex relationships or certain gender expressions.
- Travelers may experience discrimination and harassment when traveling.
- Some cultural practices are based on traditional gender roles. As a result, when traveling, students might be misgendered.
- Some languages are gendered, resulting in a lack of terms that encompass non-binary and gender-neutral identities.
- In other countries, health services specific to transgender people may be limited or unavailable.
- In some situations, it is not possible to use preferred names or genders (visa paperwork, plane tickets, hotel reservations, and government sites). Gender X is not recognized worldwide, and students may need to provide binary sex information. See the LGBTQ+ Resource Guide for more information.



PREPARING FOR DEPARTURE



Program Costs

The relationship SFS has with students' schools will determine the billing process. Within a week of acceptance, students or their schools will be required to pay a non-refundable deposit to reserve their spot. Afterward, we will reach out to students or their schools to collect tuition payments. Up-to-date costs and refund policies can be found [here](#).

Included in SFS program costs are program advising and orientations, tuition and research fees, airport transfers, housing and meals during program time, field excursions and cultural activities, official transcript processing, and evacuation and 24/7 support in case of emergencies.

PROGRAM	BILLING DEADLINE
Spring	November 1st
Summer 1 or 1+2	April 1st
Summer 2	May 1st
Fall	June 1st

BASIC COSTS (BILLED BY SFS)	SEMESTER	SUMMER 1
Tuition	\$22,000	\$5,400
Room & Board	\$6,500	\$1,650
BASIC PROGRAM COST	\$28,500	\$7,050
ADDITIONAL COSTS (ESTIMATED, ACTUAL COSTS MAY VARY)		
Airfare	\$700	\$700
Passport	\$200	\$200
Visa fees (if applicable)	N/A	N/A
Immunizations/Medications	\$200	\$200
Personal Expenses	\$2,300	\$1,400
Program Breaks - Accommodation & Food	\$1,000	\$300
ESTIMATED ADDITIONAL PROGRAM COSTS	\$4,400	\$2,800
TOTAL PROGRAM COSTS (BASIC + ADDITIONAL COSTS)		
ESTIMATED TOTAL PROGRAM COST	\$32,900	\$9,850



Financial Aid

All students are encouraged to apply for SFS financial aid. Financial aid applications are reviewed on a rolling basis starting in February for summer programs, April for fall programs, and September for spring programs. Early submissions are welcomed. Students who submit an SFS financial aid application by the payment deadline will be considered for our full range of aid options. Learn more [here](#).



TRAVEL



PASSPORT

Students must have a passport in hand four months prior to departure that is valid for at least 3 months after arrival or the entire length of stay in Panama, whichever is longer.



VISA

Students will enter Panama using a tourist visa. Students' Panamanian visas will be granted upon arrival to Panama and last for 180 days. Nothing needs to be done for the visa pre-arrival. Tourist visas are currently free to obtain, but visa costs are the responsibility of students, and prices are subject to change.

Non-U.S. citizens may require a different visa process and are responsible for applying for, obtaining, and paying for their own visa valid for the duration of their stay.

If traveling before or after the program, students should make sure that the visa will remain valid for their entire stay.



FLIGHTS

Students are responsible for the cost of flights to and from Panama City. Students will receive travel instructions at least 2 months prior to the start of their program. Do not book flights before receiving these instructions. SFS will book and pay for flights between Panama City and Bocas del Toro. Students who will be traveling post-program need to let staff know ahead of time.

SFS staff will meet students at the airport on the date and time specified in the airport instructions and transport them to the center. Students will receive airport instructions 1-2 weeks prior to the start of their program. If students are traveling before or after the program, they are responsible for meeting the group at the airport at the designated date and time. Additionally, SFS is not responsible for transporting or storing luggage before or after the program.

SFS is not responsible for reimbursing travel expenses for programs canceled or rescheduled due to acts of war or civil unrest, strikes, weather, quarantine/epidemics/sickness, government regulations, or failure of equipment, power, or communications.





Medical Requirements



Medical Approval Process

Students are required to complete the SFS medical approval process. The review is not meant to exclude, but to inform and allow support systems to be put in place. No student may enter the field until medical approval is granted by SFS. See the Health & Safety Guide for more information.



Vaccinations & Medications

Required

- None

Recommended

- Centers for Disease Control, travel clinics, or medical providers can provide further recommendations.



International Health Insurance

Students are required to buy international health insurance. Students will receive international health insurance requirements upon acceptance to their program. Keep in mind most companies reimburse medical costs, so students need an emergency credit card/debit card with at least \$3,000 USD to pay for medical expenses upfront.

All students are enrolled in an emergency evacuation and repatriation insurance plan through American International Group, Inc. (AIG) for the duration of their program only. This is supplemental insurance to students' own comprehensive health insurance outlined above. See the Health & Safety Guide for more information.



Accommodating Disabilities

SFS works with students, schools, and physicians to determine required accommodations and whether they can be safely and reasonably maintained on program. We strive to meet students' needs, but due to the remote nature of programs, there are varying levels of accessibility. Questions regarding health or learning accommodations can be directed to the Student Life Department or the Office of Academic Affairs respectively.



PACKING GUIDE



Packing Considerations



Luggage

SFS does not have a specific policy regarding how much or what type of luggage students bring, however, students will be sharing a room, and there is limited space to store belongings. Bring only what can be maneuvered oneself, and check with all airlines for luggage restrictions and fees. Air Panama limits each person to 50 lbs per person including carry-ons and personal items; most students choose to pay the correlated fees for excess weight instead.

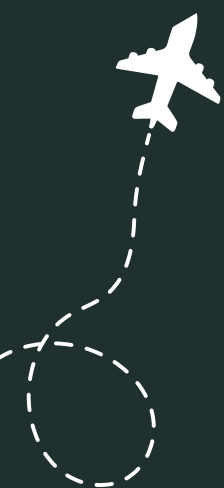


Culture & Climate

Many students bring old clothes to wear in the field and leave behind at the end of the program. Additionally, all laundry is washed together, rather than separated by color, which leads to occasional staining. Do not bring anything that cannot be damaged!

Hair care products vary by region. Travelers with curls or hair that is easily damaged might consider packing preferred products in a quantity that will last for the entire program.

While packing, consider the impact of the products brought to the program, both the ingredients and packaging. Plastic can be difficult for waste management in remote environments. Think about bringing a reusable tote, metal straw, cloth napkins, etc. We also highly encourage biodegradable soaps, shampoos, and conditioners.





Required Packing

- **Pants** Lightweight blends that dry quickly. 1-2+ for field work and 1-2+ normal/flowy pants for day-to-day.
- **Shorts** Runners may also want a few pairs of athletic shorts.
- **T-shirts and Tank tops** Enough for 10 days.
- **Long-sleeved shirts** 2+ for field work. A mix of synthetic fabrics and cotton.
- **Casual/nice clothes** for town, dancing, etc. Nothing that cannot be ruined.
- **Lightweight jacket or sweatshirt and sweatpants** for chilly days and optional free-time trips to higher elevations
- **Waterproof jacket with a hood or Poncho** Water resistant is not sufficient.
- **Underwear and Socks** including light wool or synthetic (not cotton) hiking socks and some knee-high socks for use with rainboots. At least enough for a week.
- **Pajamas** appropriate for shared spaces.
- **Swimsuit** 3-4 sets. If applicable, at least one one-piece.
- **Sun hat and sunglasses** Hat should have brim, and it is recommended to use polarized sunglasses.
- **Bandana, buff, or scarf**
- **Sneakers** or other casual shoes.
- **Rain boots** The center has several pairs of rain boots for student use, but students with especially large or small feet should bring their own. Lightweight, shin-high boots with good tread are best.
- **Sandals** with heel straps.
- **Flip flops** for showering.
- Sheets and a pillow will be provided at the center.
- **Towels** 1 large shower towel, 1 face/hand towel, and 1 beach towel. Quick dry towels are best!
- **Toiletries** Basic items can be bought in town, but plan to bring enough for at least a week. Preferably biodegradable.
- **Laundry bag**
- **Record of immunizations and Health history**



- **Personal first-aid kit** Consider Anti-itch creams, Neosporin, Bacitracin, Tylenol, Ibuprofen, Pepto Bismol, Band-Aids, Tape, Tweezers, Nail clippers, Antihistamines, Pro-biotics, Antidiarrheals, Vitamin C, Cold medicines, Immune boosters, Hydration salts/Liquid IV, etc.
- **Prescriptions** Overseas prescriptions are not always accepted. Bring adequate supplies of prescription medications to last the duration of the program alongside doctors' prescriptions to avoid customs delays. Think about inhalers, allergy medication, contacts/glasses, etc.
- **Motion sickness medication/ Dramamine/ Ginger chews** preferably non-drowsy.
- **Period care** Students can buy basic period products in town. We encourage menstrual cups or environmentally friendly, biodegradable options.
- **Flash drives and/or External hard drive (SEMESTER ONLY)** At least 16 GB recommended.
- **Computer** that can open Microsoft Office documents offline and has a USB port or USB port adapter.
- **Surge protector and Plug adaptors**
- **Headlamp or Flashlight** Rechargeable recommended.
- **Dry bag or Waterproof daypack cover** Consider several smaller dry bags or sturdy plastic bags. Gallon-sized Ziploc bags work well.
- **Day pack** Suitable for taking gear into the field. 15-30L recommended.
- **Notebooks and Pencils** Can buy locally.
- **Water bottles** 2 bottles with at least 1L capacity each.
- **Sunscreen** 1+ bottles. Reef-safe.
- **Insect Repellent** 1+ bottles.
- **University ID card**
- **Dive Mask and Extra strap** Check for good fit and solid strap construction. Full-face masks and masks with prescription lenses are not recommended (use disposable contacts instead). ScubaPro, TUSA, Cressi, Mares, and Aqualung are reputable companies.
- **Snorkel** Full-sized adult snorkel.
- **Diving Booties or Wading/diving shoes** Hard or soft soled. Make sure they fit in the fins.
- **Fins and Replacement straps and clips** that fit over diving booties. Any size.
- **Long-sleeved rash guard** 2+ to be used for all snorkel excursions.



Optional Packing

- **Hiking boots** Over-the-ankle recommended.
- **Rain pants**
- **Purse/tote bag** for town.
- **Small clothing repair kit**
- **Umbrella** Can buy in town.
- **Neoprene mask strap cover**
- **Additional swimwear** such as swim leggings, wetsuits, or dive skins (2-3mm).
- **Mosquito net** if traveling pre- or post-program.
- **Mosquito head net**
- **Hammock**
- **Tupperware and travel mugs** for packing snacks.
- **Waterproof notebook** DuraRite, 4x6 or 4x7.
- **Journal**
- **Games, Movies, Books, and Crafts**
- **Snacks, Drink powders, and Dietary supplements**
Any favorites.

- **Earplugs and Eye mask**
- **Baby wipes and Hand sanitizer** Can buy in town
- **Swimmer's ear drops**
- **Hair oil and/or detangling conditioner**
- **Tiger balm, and/or Lotion/Aloe vera**
- **Camera**
- **Headphones and/or Bluetooth speaker** Noise canceling recommended.
- **HDMI Adapter**
- **Waterproof cases for electronics and silicone packets** (or some water-absorbing equivalent).
- **Wristwatch** Waterproof for snorkeling.
- **Binoculars** Preferably 8 x 40 but anything in the 6 x 30 to 10 x 40 range is fine.
- **Extra batteries and External battery packs**
- **Underwater camera** Students can borrow SFS equipment, but any damages are students' responsibility to pay for.



Contact Us

Keep up with SFS Follow us on Instagram [@theSFS](#)/[@theSFS_panama](#), read [news from the field](#), and find the [full list of the SFS team bios here!](#)

Questions about billing? Billing@fieldstudies.org

Deposit payments, invoices, billing deadlines, financial aid packages, and loan paperwork.

Questions about health and safety? StudentLife@fieldstudies.org

Medical paperwork, immunizations, managing medical conditions, and dietary needs and preferences.

Questions about academics? Academics@fieldstudies.org

Learning accommodations, syllabi, and directed research.

Questions about admissions or enrollment? Admissions@fieldstudies.org

Which program is the best fit, application materials, and travel and visa logistics.