

## Packing

### What if I leave something at home, then need it later?

Panama City is very well-developed. Everything you need will be available there, including toiletries and clothing. If you are even questioning that you *might not need* something, don't bring it.

### Will there be laundry facilities?

A pilgrim laundry facility is almost always available – a sink and your two hands. (Hand washing clothing may not be feasible in simple accommodations.) A good rule is to wash one or two things per night and let them hang to dry. If you are in need of a washer and dryer, availability varies by location. Laundromats/laundry services are limited in availability in Panama, with some hotels having coin laundries for their patrons. Laundromats in the city may be named in English or Spanish (lavandería).

### Will we have to carry all of our belongings with us every day?

You will be able to leave your belongings at your lodging during the day and during the vigil, while taking with you only what you need. **Never leave anything behind that you cannot bear to lose.**