

What to wear in Panama

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Can you wear shorts in Panama?

This came in from a prolific reader.

Roberto, one last question before I stop bothering you, we have heard that we should not wear shorts in Panama, what is the correct wardrobe to bring with us?? Thanks, I'll stop asking now !!!!

Carol

You are not bothering me - that's what I do - I help people thinking of moving to Panama.

Shorts are a uniform in Panama - however you cannot wear shorts in government buildings or banks - however - everywhere else - they are expected. Women should not have bare shoulders - think 1950's Catholic church dress for government or bank buildings - except without the doily, white gloves or hats. LOL.

Wear light-weight long pants - Linen works well or light wool blends.

You'll want some nice outfits for going out to dinner. Wear button up the front shirts - t-shirts stick to you, and are hard to get off.

DO NOT WEAR SOCKS WITH SANDALS - you will be fined by the fashion police - perhaps even ejected from the country!!! OK, I made that part up - but it does look so, so nerdy.

Shopping is great in Panama - so just bring a couple of bikini's and buy the rest. (for the women)

DO NOT WEAR SPEEDO'S - No-one, not even your girlfriend wants to see you in that fashion infraction - even if you really are French!

Hope this helps. Roberto