

# Travel Advisory

## Panama



Level

2

Exercise increased caution

*Reissued with obsolete COVID-19 page links removed.*

Exercise increased caution in Panama due to **crime**. Some areas have increased risk. Read the entire Travel Advisory.

### Do not travel to:

- Parts of the Mosquito Gulf due to **crime**.
- Parts of the Darién Region due to **crime**.

Read the [country information page](#) for additional information on travel to Panama.

If you decide to travel to Panama:

- Enroll in the [Smart Traveler Enrollment Program \(STEP\)](#) to receive Alerts and make it easier to locate you in an emergency.
- Follow the Department of State on [Facebook](#) and [Twitter](#).
- Review the [Country Security Report](#) for Panama.
- Prepare a contingency plan for emergency situations. Review the [Traveler's Checklist](#).
- Visit the CDC page for the latest [Travel Health Information](#) related to your travel.

### Parts of the "Mosquito Gulf" – Level 4: Do Not Travel

The "Mosquito Gulf" is an extremely remote and inaccessible area along part of the north (Caribbean) coast.

Do not travel within 10 miles of the coastline, from Boca de Rio, Chiriqui to Cocle del Norte. Drug trafficking and other illicit activities occur in this area.

The U.S. government has limited ability to provide emergency services to U.S. citizens in this region as U.S. government personnel must obtain prior approval before traveling there and face additional restrictions before such travel is approved.

Visit our website for [Travel to High-Risk Areas](#).

### Parts of the Darién Region – Level 4: Do Not Travel

Do not travel to the following areas of the Darien:

- All areas south of Jaque to Manene to Yaviza to Lajas Blancas cities to the Colombian border
- The city of Lajas Blancas
- The city of El Salto

Criminal elements and drug and human trafficking networks operate in these areas. Police presence and emergency response are extremely limited.

The U.S. government has limited ability to provide emergency services to U.S. citizens in these regions as U.S. government personnel must obtain prior approval before traveling there and face additional restrictions before such travel is approved.

Visit our website for [Travel to High-Risk Areas](#).