

# SHELTER BAY MARINA

at the Panama Canal

*Welcome  
Aboard!*

Marina channel  
Explosive Anchorage

Panama Canal

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Security is a constant concern in all marinas. We have fire equipment, de-watering equipment, and oil booms as well as guards and security zones: see EMERGENCIAS (ITEM 21). Please familiarize yourself with this important information.

## 1. Check-in to the Marina

Please come to the marina office to check in upon arrival. You will need:

- ✓ Passports of all crew and guests.
  - ✓ Boat Registration.
  - ✓ Zarpe (sailing orders) from previous port.
  - ✓ Panama cruising permit (required if staying in Panamanian waters for longer than 72 hours)
  - ✓ Credit card (VISA/MASTERCARD/AMEX)
  - ✓ Vet certificate for any Pets.
- 
- ◆ The marina office is open between 8.30 am and 3.30 pm 365 days a year. Our policy is to request advance payment for your planned stay. For stays of more than a month, an advance payment of 1 month is required initially.
  - ◆ Please provide 24 hours notice to the marina office prior to departure. Be sure your final checkout is completed well before 3.30 pm.
  - ◆ **VERY IMPORTANT:** if you are planning on refueling be sure to have sufficient fuel for the canal transit before the transit date itself (no fuel on Sundays or Public holidays). Payment for diesel is made in advance through the marina office.
  - ◆ Please check in with the immigration and Port Captain offices to legalize your stay soon after arrival. If you will be unloading cargo you may also have to clear customs. Let us know if this is planned.
  - ◆ We have a representative from the Port Captain's office on site week days between 09:00 a.m. and 12.15 weekdays. Their office is just across the road from the marina office. (cell 6545 0327 Spanish only)
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## **2. CHECKING IN TO PANAMA**

Go to the Port Captain's office at the marina, open between 09.00 and 11.30 each week day. If closed Captain will need to go to the Port Captains office in Colon to begin process.

- ◆ 2 copies of the following documents will be required.
  - ✓ Passports of Captain crew and guests (photo page).
  - ✓ Crew list
  - ✓ Zarpe (sailing orders) from your last port.
  - ✓ Vessel Registration
  - ✓ Cruising Permit (if arriving from another Panamanian port of entry).
- ◆ To complete the initial check-in all crew will need to take pink receipt received from the Port Captain representative at the marina ( together with the crew passports and boat documentation) to the Immigration office at the Colon 2000 mall (close to Home Port: the cruise ship docks). Week days to 09.30 to about 15.30. A limited visa valid for 48 hours will be issued. Outside office hours there is a 24 hr immigration presence at Home Port. Those crew wishing to fly out of Panama should arrange departure for within this period.
- ◆ A canal agent can act for all onboard.
- ◆ After the 48 hr temporary pass has been issued another visit to the immigration office will be required (by all crew) once the Cruising Permit has been issued by the Port Captain's office. The mariners yacht visa, required to extend your stay beyond 48 hours, costs \$100.00 usd plus an affiliation fee of \$5.00. Valid for 3 months but can be extended for a additional period of 3 months (at nominal cost) to a maximum period of 2 years (limited by expiration date indicated on Cruising Permit).
- ◆ If later in your stay you plan to fly home and return by plane you will enter the country as a normal tourist without the opportunity to extend your stay after 6 months by obtaining a mariners visa. There is a work around which involves using an agent to present such a visa on arrival at the airport.

## Points worth repeating:

- ◆ If your stay in Panamanian waters (not on the hard) is limited to crossing the canal you may not require a cruising permit. This is not very clear legally but if your stay is limited to 3 or 4 days you might be given a pass on this when you apply for your international Zarpe. If a crew member must fly out he must depart within the 48 hour period shown on the initial passport entry stamp.
- ◆ If not planning to stop on the Pacific side, you should inform the Port Captain office and request a Zarpe (SAILING ORDERS) for your next foreign port . You will need to have your passports stamped out by the immigration authorities within the 48 hr period indicated on your initial check-in stamp.
- NOTE: Although vessels are required to have a health inspection and clear customs, in practice this occurs only when requested. An additional fee can be charged. Customs clearance is an official requirement if you declare that you are landing cargo.

## **Electronic check in:**

- ◆ The Panamanian government requires all vessels entering Panamanian waters to report-in electronically. If you have not reported please do so through the Port Captain's office at the first Port of entry. While this requirement is loosely enforced we encourage you to comply.

## PANAMA CANAL TRANSIT

- ◆ **You can employ a canal agent**, or do everything yourself.  
For a fee, an agent can schedule the initial inspection (admeasure), pay the toll and other fees (and be responsible for all the reimbursable fees), schedule the transit, provide canal lines and line handlers as well as other needs including provisioning and chandlery. Also, provide help should you encounter problems during the transit. Most can assist with immigration and Port Captain check in procedures.
- ◆ **You can also perform all the necessary tasks yourself.** It will take a few hours over the course of 2 or 3 working days to complete the process.
- ◆ Schedule the inspection with the Panama Canal Admeasurement Office in the Port of Cristobal.

- ➔ **Complete form 4405i** (from marina office), scan (or use your cell phone camera) then send to OPTC-ARA@PANCANAL.COM. Later, call the admeasurers office (4432298) to confirm your probable appointment with the canal Admeasurer/Inspector.
- ➔ A Panama Canal Authority (ACP) inspector will visit your vessel. The Captain must be present. Basic requirements: an enclosed toilet, 4 lines of 130 ft length, adequate fenders as defined by you. We recommend large inflatable fenders of the ball type, at least four each side.
- ➔ If you choose to use tyre fenders wrapped in garbage bags (to avoid marking) be sure they are fastened with light line to reduce the possibility of a fouled fender causing damage to your vessel or a vessel nested with you. Fortunately, most agents now provide proper fenders.
- ➔ Pay the toll in cash at CITIBANK – COLON office. Within the Cristobal Port authority area. Payment can also be made by wire transfer (see web link/form 4352 below)
- ➔ Call scheduling office to schedule transit.
- ➔ Confirm your transit 48, 24 and 12 hours prior to the Estimated Transit Date. Monitor CH 12 beginning 4 hours prior to the scheduled time.
- ➔ For detailed advice SEE:

<https://www.pancanal.com/common/maritime/forms/4352-ENG-201211.pdf>

➔ **AGENTS LIST:** 24 HR SERVICE OFFICE AT BOTH ENDS OF THE CANAL:

- ➔ Associated Yacht services. (Alex Risi) Tel: 211 9540  
www.ays.shipsagent.com  
e-mail: [yachts@shipsagent.com](mailto:yachts@shipsagent.com)
- ➔ Panama agencies (Francis Xiemetz) Cel: 66163117  
[www.multiport.org](http://www.multiport.org)  
e-mail: [ops@panage.net](mailto:ops@panage.net)
- ➔ Transshipping agency. Leo Waterman (507 397-9682)  
[www.transshipping-pty.com](http://www.transshipping-pty.com)

**Other agencies (with offices at either colon or Panama city) popular with transiting cruising sail and power boaters:**

- ➔ Emmanuel agencies (Roy Bravo) Tel: 441-5652 /6678 6820 [www.emmanuelagenciessa.com](http://www.emmanuelagenciessa.com)  
(e-mail: [roybravo67@yahoo.com](mailto:roybravo67@yahoo.com))
- ➔ Tina McBride Yacht Services Tel +507 66372999
- ➔ Stwards Corporation (Captain Peter Neal) Tel: 314-0714/6234 6267  
www.stwards.com ( e-mail: [Pneal@stwards.com](mailto:Pneal@stwards.com) )
- ➔ Centenario consulting (Erick Galvez) Tel: 232-7534/6676 1376  
[www.centenarioconsulting.com](http://www.centenarioconsulting.com)

➔ Naviera Stanley (Stanley Scott) Tel: 6680 7971 / 6523 3991

e-mail: [sscott@cwpanama.net](mailto:sscott@cwpanama.net) also [cotin3026@gmail.com](mailto:cotin3026@gmail.com) (Stanley Scott Jr.)

**WE ADVISE YOU TO AVOID ANYONE ACTING AS AN AGENT with NO AUTHORIZATION FROM THE ACP (CANAL AUTHORITY).**

## **MARINA SERVICES**

### **3. Slip Rates 2017/2018 (in US Dollars per ft per day)**

**Monohull/Multihull Slip Rates December 7<sup>th</sup> 2017 to June 30<sup>th</sup> 2018**

LOA in feet	30 to 45 ft	46 to 60	61 to 70	71 - 85	86 -100	101-120
<b>STAY</b>						
1 TO 4 DAYS	\$1.25	1.45	1.65	2.00	2.50	3.25
<b>Multihull</b>	<b>1.75</b>	<b>2.03</b>	<b>2.31</b>	<b>2.80</b>	<b>3.50</b>	<b>4.55</b>
5 TO 13 DAYS	\$1.15	1.35	1.60	1.90	2.35	3.05
<b>Multihull</b>	<b>1.61</b>	<b>1.89</b>	<b>2.24</b>	<b>2.66</b>	<b>3.29</b>	<b>4.27</b>
14 TO 29 DAYS	\$0.80	0.90	1.05	1.55	1.95	2.35
<b>Multihull</b>	<b>1.12</b>	<b>1.26</b>	<b>1.47</b>	<b>2.17</b>	<b>2.73</b>	<b>3.29</b>
30 TO 89 DAYS	\$0.65	0.70	0.85	1.00	1.40	1.55
<b>Multihull</b>	<b>0.91</b>	<b>0.98</b>	<b>1.19</b>	<b>1.40</b>	<b>1.96</b>	<b>2.17</b>
3 TO 6 MONTHS	\$0.50	0.55	0.65	0.85	1.05	1.25
<b>Multihull</b>	<b>0.70</b>	<b>0.77</b>	<b>0.91</b>	<b>1.19</b>	<b>1.47</b>	<b>1.75</b>
6 MONTHS +	\$0.45	0.50	0.60	0.75	0.95	1.05
<b>Multihull</b>	<b>0.63</b>	<b>0.70</b>	<b>0.84</b>	<b>1.05</b>	<b>1.33</b>	<b>1.47</b>

- ◆ VESSEL LENGTH IS DETERMINED BY LENGTH OVERALL (LOA): meaning length over the entire vessel including add-ons (e.g. Davits), bowsprits, boomkins, swim platforms etc.
- ◆ Taxes (currently 7%) are not included.

To provide better value to existing and past guests (and, we hope, to future arrivals) we have established the following:

Some advantages for those settling well in advance.

- ◆ Those paying in advance for a dockage or storage period may be able to take immediate advantage of a better slip/dockage/storage rate. If later you decide to leave before the period ends a refund would be applicable only after adjusting the rates to reflect the shorter stay.

Please note that slip and storage rates will be changed as you pass the time periods qualifying for the better rates. From Dec 1, 2017 we will not be adjusting dockage/slip/storage fees for the preceding period/s.

As indicated before you may settle in advance for a period indicating a better slip/storage rate. Pay a month in advance and you will receive the monthly slip rate. Pay 3 months up front and you will be on the 3 month rate. 6 months in advance the 6 month rate etc etc.

However if having paid a few dockage/slip days you then wish to extend your stay and obtain a better slip rate, you would need to settle a full 12 days or 1 month (wherever the price break appears) from the day you decided to extend your stay. The prior fees that had been settled would not be adjusted.

**Please call us if you need any further explanation.**

## HAUL OUT AND STORAGE.

- ◆ Rates per foot LOA (defined as extreme overall length)

Tarifas por pies eslora (distancia entre extremidades)

Services	Monohull	Multihull/Catamaran
◆ <b>Haul and Launch.</b>		
Travel Lift	\$12.00 usd	\$16.00
Pressure Wash	\$50.00 45 ft. LOA or less	\$75.00 46 ft. LOA or more
◆ Dry Storage Secure Yard (No work permitted in this area )		
Note: if a vessel can only be stored in the work area work yard rates may apply. <b>The rate indicated is per ft (LOA) per day</b>		
Less than 3 months	\$0.50	\$0.75
3 to 6 months	\$0.40	\$0.60
6 months and over	\$0.35	\$0.50
◆ <b>Work Area</b>		
Self Service Yard (work by you and your contractors)	\$0.75	\$1.10
Shelter Bay Work Yard (work undertaken by our team)	\$0.50	\$0.75
If living onboard in the work yard there is a \$15.00 per day fee applicable (for the vessel).		
◆ Rates indicated do not include 7% sales tax		

## 4. Repair & Maintenance Services

- ◆ Shelter Bay has extensive in-house capabilities for vessel maintenance and repairs, augmented by many specialist shops and repair facilities in Panama. All work performed under our supervision is warranted.
- ◆ We have a very capable sailloft. Please schedule your repairs here at the earliest opportunity. Old Theatre Building South of Docks.

- ◆ We can also coordinate surveys, and class certifications for work undertaken.
- ◆ Please see the Yard and maintenance office (Hanger Building beside the travel lift bay) to discuss your needs. Remember that providing good service can take time so schedule your projects with the yard office as soon as you can.

## 5. Using Outside Contractors.

Anybody providing services that are not registered crew members of the vessel being worked on, and not employed through the marina.

- ◆ Contractors may provide services independently, provided they are permitted to work by the marina. Feedback is important to exclude poor performers.
- ◆ Contractors must report to the office each day for approval and payment of a daily contractor fee of \$15.00 (\$16.10 with tax). You may elect to pay this daily fee to the contractor but remember this entitles them to work on other vessels the same day. Contractors will be issued a wrist bracelet, which must be worn.
- ◆ Your contractors may or may not carry insurance. They may not provide any warranty for the work performed. You are responsible that they comply fully with marina rules. In the event of a spill, fire or other accident resulting from the employment of an outside contractor, you become responsible for resulting damages.
- ◆ We do not warrant work of any contractor (including those that may occasionally work with the marina) providing services directly to you.

## 6. ELECTRICAL SERVICES (ONLY 60 Hz supply is available)

- ◆ 120/240 VOLT 100AMP SINGLE PHASE IS AVAILABLE THROUGHOUT THE MARINA
- ◆ 480 volt 150 AMP 3 phase power is available on A & B docks.
- ◆ 208 volt 100 amp 3 phase on Dock B
- ◆ 220 volt 15 & 30 AMP European connections are available. They are wired with 2 X 120 volt services and a ground. Only 60 hz supply.
- ◆ Electricity is charged at \$0.415 per kWh.

## 7. INTERNET AND PHONE SERVICES.

- ◆ \$10 START-UP WITH ONE WEEK OF SERVICE. \$1.35 FOR EACH ADDITIONAL DAY. Those that have had their boats here for a continual period of one year qualify for a free wifi account.
- ◆ **Please turn OFF roaming.**

Smart phone use will impair the service if you leave it on ROAMING (as it will keep trying to log-in to the system).

★ **Those that have powerful Access points/routers installed should reduce power setting to a minimum to avoid interference with low power laptop/iphones etc**

◆ **The MOVISTAR cell phone works best** in the marina (nearby tower)

Cell phone minutes and sim cards can be purchased from the Dock Shoppe (MINI MARKET).

## 8. RESTAURANT, BAR

◆ Open 8.00 am till 9.30 pm. **Happy hour(s):** Week days and Saturdays: 17:00 to 20:00. Sundays: 18.00 to 20.00.

◆ Daily lunch and dinner specials. Check postings at pool side entrance

◆ Ice and Ice Cream available.

◆ Box lunches for canal transits.

### HOTEL AND SOCIAL AREA

◆ SHELTER BAY HOTEL with 11 rooms offers special rates to our marina guests.

◆ The Hotel/Cruiser Lounge (including BOOK EXCHANGE library) on the second floor of the main building. After 22.00 this lounge is for the use of hotel guests only.

◆ THIS AREA CAN BE RESERVED FOR SPECIAL EVENTS. Movie, Domino, Bridge nights etc

## THE DOCK SHOPPE Mini Market

◆ A selection of food and beverages to cover many of those last minute food emergencies, and more.

◆ Opening hours can occasionally change. These are posted on the door.

## 9. LAUNDRY: open 8:00 am to 15:45. Closed on Wednesdays

◆ We have a Laundry facility with washers and driers. This facility is operated by the Hotel/Restaurant/Dock shoppe. It costs \$2.00 to operate the Washing machines, and the same for the driers (per cycle). Operating tokens are provided at the Dock Shoppe.

◆ A custom LAUNDRY SERVICE is also available. Please check with the Dock Shoppe (Mini Market) for further information.

## 10. GYM AND SWIMMING POOL

◆ We have a GYM for the exclusive use of marina and hotel guests. If locked the Marina Office has the key. Open from 08.00 a.m. to 20.00 p.m. Key available from marina office 08.00 to 16.00. If planning to use the gym after 16.00 you will need to obtain the key before marina office closes at 16.00. You may pass on to other marina users but you will be responsible for returning the key in the morning

- ◆ The SWIMMING pool is open to our marina and hotel guests only.

**Please observe the pool rules indicated.**

NO LIFE- GUARD IS PRESENT so take extra care.

- ◆ No noise after 21:00
- ◆ No horseplay.
- ◆ Children must be supervised.
- ◆ For safety **only food and beverages served in plastic containers from our restaurant** are permitted in the pool area.
- ◆ Glass bottles, cups are not permitted in the swimming pool area.

**11. STORAGE LOCKERS**

- ◆ There is a storage locker building complete with modern metal lockers to provide a secure long term storage facility for keeping your valuables and items you wish to store long term off your vessel.
- ◆ Security is paramount so obtaining frequent access to your locker may result in some frustration. T
- ◆ Lockers spaces vary from 1.4 cubic meters to over 8 cubic meters with monthly fees ranging from \$15.00 to \$70.00 usd. The marina is not responsible for the contents of the lockers. **Paints and other inflammable items should not be stored in the lockers.**

**12. TRANSPORTATION**

- ◆ SBM MARINA BUS. We have a 26 seat bus which departs beside the covered porch in front of the main Building. This main drop off point is the REY supermarket at the Cuatro Altos Shopping Center, outside of COLON. The driver normally continues to Plaza Milenium, the Port Authority area, and the Main bus terminal.

**CUATRO ALTOS IS THE ONLY PICK-UP POINT**

MONDAY TO SATURDAY (excluding public holidays)

	Morning	Afternoon (not Saturday)
Departs marina:	07.45	13.00
Picks up from 4 Altos:	11.00	14.55

**Bus times vary:** check wall outside main office for current schedule.

**Space is limited to 2 crew per vessel** and priority is given to those that have signed up on the bus reservation list. Accompanied children may be included.

The bus is free for our guests but limited normally to 2 crew per boat to allow all vessels the opportunity to provision at modest cost.

- ◆ TAXI to COLON costs \$25. Due to the canal locks there may be a significant delay in obtaining this service. Allow at least 1.5 hours. The following have found favor with many recent arrivals: Teddy (65843780), Almedo (60015416), Benjamin (65155640), Rogelio (68780272), Reginaldo (65850664 he has a 6 seater Suzuki van). A very good cruiser friendly/knowledgeable taxi in Panama city is Roger (67176745)

Taxi service from Shelter Bay to Tocumen International airport in Panama City is normally \$120: allow at least 2.30 hours to get there.

Taxi from the marina to Panama City can cost **from** \$80.

- ◆ RENTAL CARS can be hired at the COLON 2000 Shopping Center at reasonable prices. Try BUDGET - 4417161, HERTZ -4413272. Thrifty 433-8007 (all at the Cruiseship mall Colon 2000) and Ace (Sheraton, Plaza Milenium). Until you know the road from the locks to SBM go slow (there are several nasty surprises awaiting the over-confident).

### **Coach service to Panama City from Colon.**

- ◆ Express AC coaches run every 1/2 hour (approx) from COLON to PANAMA CITY (ALBROOK MALL BUS TERMINAL) for \$3.15 per person. Journey is approx. 1 hour 45 mins (Albrook terminal is a short taxi ride to the Pacific entrance to the canal). **Board the bus (it leaves when full) and await the ticket collector en route.** . If you take the Shelter Bay Bus to the CUATRO ALTOS SHOPPING CENTER MAKE SURE YOU TAKE A TAXI TO THE BUS STATION. Downtown COLON is a risky place to be.

The return buses leave the ALBROOK TERMINAL (PANAMA CITY) to COLON every ½ hour. You will need a turnstyle pass to get onto the concourse. **We recommend you get off the bus at the Cuatro Altos mall stop, 2 miles from the Colon terminal.**

### **THE PANAMA RAILROAD.**

A marvelous ride along the banks of the canal: COLON to PANAMA leaving Monday to Friday at 5:10PM. Runs from PANAMA (BALBOA STATION) TO COLON Monday to Friday leaving 7.10AM

- ◆ Cost: \$30 per person (\$15 for children between 2 and 12). Beautifully decorated; a first class treat. Snacks and drinks available. No tickets: just board train and pay

conductor. The train leaves from a siding approaching the Cristobal Port not far from the COLON bus station. Travel time approximately one hour.

## 13. FUEL

- ◆ DIESEL IS PROVIDED FROM THE FUEL BARGE (MV PANAMA STAR) berthed on the fuel dock extending beyond Dock A. The FUEL IS CLEAN LOW SULPHUR DIESEL.

You will need to pay in advance at the Marina office (we can always refund your credit card if you cannot take all the fuel requested). **Do not leave fueling up to the last minute.** The barge occasionally has to leave the marina and there may be vessels standing by for their turn.

Ask for a fuel sample before filling.

### GASOLINE

- ◆ Our truck driver can take your jerry jugs into COLON for filling - allow 2 days for delivery.

There is an \$8.00 per jug fee on top of the actual fuel charge.

Bring jerry cans to office and place order.

### COOKING GAS (PROPANE) FILL

- ◆ Check with office for charges: Currently: 5lbs \$12, 10Lbs \$20, 20LB \$35. Larger bottles check with office for quotation (all plus 7% tax).
- ◆ Boat Name MUST be written clearly on the tank.
- ◆ DELIVER TANK to the Marina office as soon as it opens and register for the service. Normally there is a 3 day turnaround (working days).
- ◆ Filled cylinders can be claimed at the maintenance area near to the pool (after obtaining a receipt from the marina office).
- ◆ Those that have Rental gas bottles (Tropigas and Panagas) may have trouble filling them if the valve has been changed.

## 14. CHANDLERY

SEAWIND CHANDLERY opened at the marina March this year. Tel : 4333664, 4333764. They are listening and ready to assist. Constructive feedback very much welcome ..

## 15. BOAT CARE SERVICE

For your vessel in wet or dry storage. You will need to discuss this with the Yard manager particularly if leaving a vessel for a longish period.

- ◆ **ALWAYS LEAVE A SET OF KEYS WITH THE MARINA OFFICE IF LEAVING YOUR VESSEL.** WE ATTEND to ALL THE ALARMS and emergencies WITH OR WITHOUT THE KEYS.

## 16. Shipping PACKAGES/MAIL

There are several choices for shipping: FedEx, DHL (WORLD WIDE EXPRESS only). Freight forwarders based in Miami and Panama (Marine Warehouse has been a good choice for those ordering from a West Marine catalogue: They must deliver direct to yachts so you will need to be at the marina to receive these packages). Also Airbox Express works well with us.

The address for shipping FEDEX, DHL (World Wide Express).

- ◆ NOTE: this is not a postal address: just a physical address recognized by above carriers.  
**Yacht in Transit “Boat Name”,  
Shelter Bay Marina,  
30 Butner Street, Fort Sherman,  
Colon - Republic of Panama**

**Shelter bay marina office Telephone: + 507 433 3581**

- ◆ Most packages require service/custom fees when sent by courier. SBM will pay these fees and receive packages in your absence. Please note that we charge a service fee of 20% or the payment or \$20US whichever is greater.

## 17. Basic Orientation: COLON

- ◆ COLON city has some interesting vistas and architecture but has suffered from prolonged neglect. Criminality is common so we don't recommend visiting the city center unless you must, and then only by taxi.
- ◆ The surrounding areas within the province of Colon are much safer; you can enjoy the beaches, fishing, historical, and other attractions by taking normal care.
- ◆ The people of Colon are generally nice, friendly and easy to deal with. Some places are particularly welcoming to tourists but not always easy to identify. It is ill advised to stroll around, especially the bus station and market areas.
- ◆ Avoid side streets. Do not carry bags, backpacks, camera bags or other items that may invite thieves. Dress casually BUT no short- shorts or flip-flops. Long pants and collared shirts are appreciated, and often required when visiting any public or commercial office.

**Shopping centers.**

- ◆ **Cuatro Altos.** This is the Shelter Bay Bus drop off: REY supermarket. There is a small hardware store (Edwin Hardware), well stocked department stores full of mainly inexpensive products, Pizza houses (Pizza hut and the more homely Pizza Nova). Some competent computer stores (one opposite Pizza nova), a new cine complex, a Pet store/occasional vet clinic (Melo) and a good outlet for batteries (Casa de Bateria)
- ◆ **Colon 2000** (Cruise ship mall): Super 99 supermarket. Panafoto (Electronics/computers incl. Apple), Subway sandwiches, Budget, Hertz and National renta-car, café, , Hair salon, Nice tourist shops. A couple of very good restaurants.
- ◆ **Milenium Plaza:** NOVEY's hardware (US type hardware store), Food Court and Nice Hair salon. Banks (Multibank, Banesco, BAC). Nice Disco/Bar (Players), Small stationary shops acting for FEDEX, DHL, TNT , Mailbox's etc and others.
- ◆ **The Colon Market place:** Use a taxi driver to escort you. Not safe but recommended by some notable sailors. Excellent choice of fruits and veggies. Also a fish market. Cheap bicycle spares.

## 18. MEDICAL AND DENTAL.

- ◆ **CENTRO MEDICO CARIBE** (Near the Free Zone. Walk-ins accepted). Good service TEL 441 4420 e-mail: consultorios@cmcaribe.com
- ◆ **HOSPITAL AT Cuatro Altos** (the Shopping Mall that the Shelter Bay Bus goes to) Walk-ins accepted. Clean, modern. Good emergency room service. TEL 433 7500. Basic examinations are reasonable but specialist and ICU services can be very high. Negotiate!

### DENTIST:

- ◆ **Ida Herrera**, Calle 3, Nuevo Cristobal, Colon. TEL. 441 7141, Cell. 66149712

Very good dentist. Speaks excellent English. Good root canal and crown work.

- ◆ **Monica Pizon**, Cuatro Altos Hospital (5th floor) Cell 6707 3848, 6374 3058.

She has become a popular choice. Close to the SBM bus drop off with very reasonable charges. Only Spanish spoken.

### DERMATOLOGIST:

- ◆ Dr. Lidia Dorderis is in Colon on Wednesdays. Cell 6613 9083

For further Medical advice/recommendations Check US Consulate Medical list Tel. 227 1777.

There is a comprehensive Cruisers Guide to Panama City: a digital version is available in the Marina office (much too large to print). Good medical resources shown.

## 19. VETERINARY SERVICES

- ◆ Clinica Melo. Quarto Altos shopping mall
- ◆ Dr. Leyda 6635 8982

Very clean professional service. Excellent staff (modest English). Often comes to marina

◆ Dr. Omar Lorenzo. 449 5951, 6623 3326, 6523 0603. Can handle routine problems and shots.

◆ Also the veterinary clinic at Silver City in Colon is renowned for good work.

## 20. CRUISER NET / SOCIAL AREA AND OTHER RECOMMENDATIONS

**Cruiser net on Channel 77 every morning starting 07.30.** The best resource as often from other cruisers. Also, regular potluck and other events will bring you together with those with considerable experience and advice to give. Check with social coordinator **Joanna** on Trimaran ULTRA for special events.

**New Gazebo/BBQ social area** placed between Docks E and F. Please do not use this area for work projects. It has become a popular get-together spot in the very short time it has been available. Make sure pets are controlled and on a leash. Lethal poisonous toads (secreting poison from their skin) are present in the wet season: pets (and humans) need protection if they are inquisitive. A possible remedie here is immediate flushing of contact areas with copious amount of water. Followed by specialist attention at clinic (1 hour from marina).

**Crew needed or offered.** Check the bulletin board in the lobby and post your needs (on index card size provided). **If you can volunteer to line handle (for a canal transit) that is always appreciated.**

**Medical and emergency service volunteers. We always like to take note of any guest with specialist skills (particularly medical) that can be called upon in an emergency. We respect the onerous nature of being 'on call' so don't feel any obligation whatsoever, and lay down your conditions! With the abundance of yachtmasters and other certified captains we can usually find skilled and practised help in addition to our own first aiders (and those from the local aeronaval training brigade)**

◆ CHARTS. Islamorada (international chart supplier) in Balboa, Panama city, close to Albrook mall/terminal and marinas Tel: 228 4947 [www.islamorada.com](http://www.islamorada.com)

**Note: at the marina office we have the latest ERIC BAUHAUS Panama Cruising Guide.**

★ TAKE A WALKING HISTORY TOUR OF THE OLD SECTOR OF PANAMA CITY: CASCO VIEJO  
<http://www.livewalkpty.com/>

## 21. EMERGENCY PROCEDURES

- ◆ In the event of a fire, oil spill, serious injury, sinking, vessel adrift please advise marina staff immediately, in particular John Halley, Marina manager (67479118), Edwin Chavez, Yard manager (67809641), and Frank Carvajal, Dockmaster (68121705). There is always someone listening on VHF 74.

- ◆ **Dangers.** Apart from the usual marina dangers you should be fully aware that we are practically in the jungle. **Alligators up to 9ft, poisonous snakes, toads and frogs occasionally invade our new habitat:** Keep a special eye on your inquisitive pets and children. Emergency clinics are some distance from the marina (we would expect an ambulance to arrive in about 40 minutes). **X games activities strongly discouraged for the same reason.** In the last 6 years 2 pets (both dogs) have died very quickly from contact with a poisonous toad/frog. No issues of this kind with humans...yet!

### **INJURY OR ILLNESS** - SOUND HORN 5 TIMES

- ◆ If qualified apply first aid.
- ◆ Phone 911 and call for an air ambulance if required to avoid delays due to the locks. Ambulance direct: EMI 236 5050, SEMM 264 4122 (HELIVAC: 68331156)
- ◆ Call dockmaster (channel 74 or Cell 6780 4615) and Marina manager (674 79118)

### **FIRE** - SOUND HORN 5 TIMES

- ◆ **Fight fire using the extinguishers located in the red and white fire boxes** located at various points on the dock. Extinguishers are also located throughout the main building and near to the emergency generator. Fire hoses are available (by pool and main entrance). Additional hoses are available connecting to hydrants on the dock and on the public road.
- ◆ **Announce emergency on channel 74 giving location.**
- ◆ **Call Fire department/Bomberos 911, 433 3488/2784, 475 3017/3021, Dockmaster (cell 6780 4615) and marina manager (cell 67479118) and Yard manager (cell 6780 9641)**

More fire equipment can be found near the laundry area including:

- ◆ Foam applicator.
- ◆ Emergency fire pump.
- ◆ **CAUTION: DO NOT USE WATER ON OIL FIRES**
- ◆ **MAIN CIRCUIT BREAKERS ARE OUTSIDE BUILDING 20 (EMPLOYEE RESTROOM): ALSO ON THE DOCKS IN THE TRANSFORMER BOXES.**

### **OIL/CHEMICAL SPILLS**

- ◆ Identify the source and stop the spillage.
- ◆ Call Dockmaster (channel 74 and cell 6780 4614) and marina manager ( 67479118)
- ◆ Use oil absorbent pads to pick up the oil (located dockmasters office and some fireboxes).
- ◆ For larger spills a containment boom may need deploying. It should be used to cordon off the vessels involved and, if necessary, the entire marina.
- ◆ Oil spill control equipment is located in Building 29 near the laundry and is stored above the locker cages. Access key can be obtained from Marina manager or Dockmaster.
- ◆ Oil spill pads are also located in Building 29
- ◆ DO NOT USE SOAP OR DETERGENTS TO BREAK UP THE SPILL. This just disperses the spill: the contamination remains.

### **SINKING**

### **- SOUND HORN FIVE TIMES**

- ◆ Identify the source of the water.
- ◆ Use the dewatering pumps. Do not rely on bilge pumps. These pumps are located in selected Fire boxes (and in the main deposit building by the swimming pool) Call Dockmaster, Marina manager (VHF channel 74) and Yard manager. (cell 67804614/67479118/67809641)
- ◆ Ground vessel in shallow water.
- ◆ Notify the Panama Canal Port Captain's office for assistance with de-watering.
- ◆ Call CH 74.
- ◆ Rig an oil boom to prevent contamination.

### **Emergency Numbers:**

- ◆ Tourist police (English Speaking): 211 3811, 511 9260.
- ◆ Police: 104, 911(general emergency) plus aeronaval 447 1927 for quick reaction to detain someone.
- ◆ Fire (Fire station): 447-4122 (be very careful with opening smoldering vessels—this can seal its fate- a fire will start almost immediately). Also 433 3488/2784, 475 3017/3021
- ◆ Coast Guard/aeronaval (Colon): 447 1462. 447 1927 (at Sherman)

- ◆ Ambulance (PRIVATE): Alerta 263 4522 EMI 236 5050 SEMM 264 4122
- ◆ Hospital: CUATRO ALTOS HOSPITAL (Sala de Urgencia) near Cuatro Altos shopping Center (where the marina bus goes) 433 7532

## **22. Marina Rules and Regulations (Annex 2 on contract)**

**Abbreviated version (common sense). Refer to Marina Contract for detailed version.**

- ◆ **ENVIRONMENT: PROTECT IT.**

NO PUMPING OUT IN THE LAGOON, NO SPILLS, NO FUEL TANK OVERFLOWS, NO PAINTS, NO GRINDING, NO BOTTOM CLEANING (EXCEPT THE PROP AND RUDDER). USE BIODEGRADABLE BOAT SOAP. NO FUEL TRANSFERS ON THE DOCK. DO NOT USE DETERGENT TO DISPERSE AN OIL SPILL. NO FISHING ON DOCK (OR DISPOSAL OF FISH WASTE IN WATER).

- ◆ **BE CONSIDERATE:**

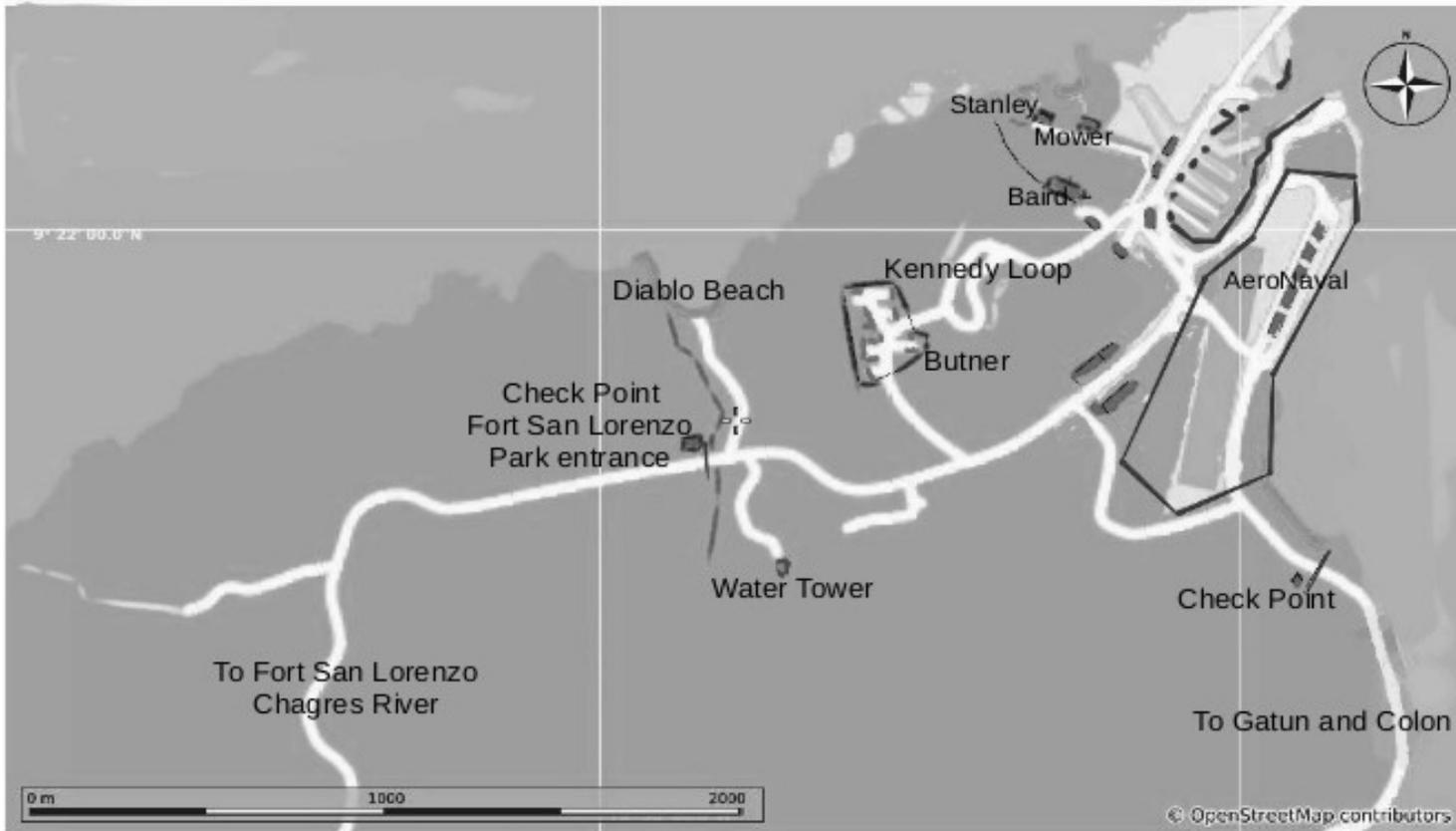
LIMIT NOISE TO WELL BELOW THE TOLERANCE LEVELS OF YOUR NEIGHBOURS. TAKE YOUR GARBAGE TO THE BINS AVAILABLE ON THE MAIN PIER. PETS MUST BE UNDER FULL CONTROL AND WEAR A NAME/CONTACT TAG.

IF YOU HAVE AN ALARM INSTALLED TELL A NEIGHBOUR (OR THE MARINA OFFICE) WHAT TO DO AND HOW IT CAN BE TURNED OFF.

- ◆ **BE SAFE:**

DO NOT LEAVE TRIP HAZARDS ON THE DOCK WALKWAYS OR FINGERS AT NIGHT (AND ONLY FOR VERY LIMITED PERIODS IN DAY LIGHT).----- KEEP YOUR IMMEDIATE DOCK ACCESS TIDY AND OBSTACLE FREE.-----NO VESSEL OR ATTACHEMENT CAN OVERHANG ONTO THE DOCK.-----NO BBQ'S ON THE DOCK (NOT EVEN A CHARCOAL BBQ ON YOUR VESSEL AS THIS MAY PRESENT A MARINA FIRE HAZARD).-----**NO LIFEGUARD** PRESENT FOR THE SWIMMING POOL- **MINORS MUST BE SUPERVISED- GLASS RECIPIENTS/CUPS PROHIBITED IN THIS AREA.**

USE PROPER MARINA QUALITY ELECTRICAL CONNECTIONS WITH SUITABLE CABLE.



*Note that the yard office is now in the Hanger building beside the Travel lift Bay.*

*The Laundry faces road across from Dock E*

*The fuel barge is stationed on the North side of the fuel dock. Quite often there are mega yachts fueling on Dock A.*

*Marina office contact:*

***Tel +507 433 3581***

***Cell +507 6781 6631***

*Yard and maintenance office:*

***Tel +507 447 3804/3839***

***Cell +507 6679 4614***

