Improve Tracker Forms

You can improve tracker forms enabling an experimental jQuery user interface library called "Chosen"
Enable the feature

You can enable the feature in:

Admin home > Features > Interface (tab) > jQuery plugins and add-ons > Experimental > jQuery-ui

Chosen Menu

Remember that you need to have your "Preference Filters" in the admin panel with the "Advanced" and "Experimental" options enabled in order to see this feature checkbox.
Features

Preference Filters

☑ Basic ☑ Advanced ☑ Experimental ☐ Unavailable

Set as my default
Drop downs

You can choose a value from a dropdown box by selecting the items in the list through scrolling down, as usual, or you can nowadays filter the list values based on the text you type at the top.
Multiple selection

Similarly, a section to allow multiple selection of items can be shown in a small but enhanced dropdown box, which allows the user to select one or many of the options, remove them from the list in the text field at the top:
Filtering displayed options by typed text

Additionally, you can also filter the values displayed in the dropdown so that only those matching your typed text are shown in the list (only the ones starting with "D" in the example below: Documentation and Dogfood a *.tiki.org site.)