

PACKING LIST FOR BELIZE

WHAT TO BRING

Belize is a diverse Caribbean country with areas of hot coastal beaches as well as wet, humid tropical rain and cloud forests. Be prepared for temperatures from 65 - 100° F (18 - 38° C) and everything in between. Most items can be purchased from a camping/adventure store (e.g. R.E.I. or E.M.S.). Note: Eastern Mountain Sports offers students a 10% discount with I.D.

CLOTHING

Rainforest: conditions in the rainforest can be hot, humid, muddy and wet. We highly recommend in this list light-weight, fast-drying clothes.

Island: conditions on the island caye are also hot, but less humid; normal beachwear and casual attire are appropriate.

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|--|---|
| <input type="checkbox"/> T-shirts / tank tops (8) | <input type="checkbox"/> Bathing suit (2) |
| <input type="checkbox"/> Long sleeve t-shirts / hoody (4) | <input type="checkbox"/> Sarongs |
| <input type="checkbox"/> Pants (4, at least 2 synthetic w/ zip-out legs) | <input type="checkbox"/> Bandanas (2) |
| <input type="checkbox"/> Waterproof windbreaker or rain jacket | <input type="checkbox"/> Sandals / Flip-flops |
| <input type="checkbox"/> Shorts (3, some nylon) | <input type="checkbox"/> Athletic shoes (optional) |
| <input type="checkbox"/> Underwear (9, cotton) | <input type="checkbox"/> Hiking shoes or boots ¹ |
| <input type="checkbox"/> Sleeping attire | <input type="checkbox"/> Socks (5 pairs) |
| <input type="checkbox"/> Hat with brim (sun protection) | <input type="checkbox"/> Water shoes or booties |
| <input type="checkbox"/> Clean outfit (stored in ziploc) | <input type="checkbox"/> Flip flops |

1. *Note about footwear:* Hiking boots or shoes? For many people, a sturdy pair of hiking shoes (not tennis shoes) will be sufficient for day hikes along lowland tropical forest trails. The main difference between hiking shoes and boots is ankle support; therefore, individuals who prefer some additional support around their ankles might want to consider boots instead. Whether you buy a boot or shoe, it will need to provide both foot support and be breathable (typically made of suede, nylon, or other lightweight fabrics that are supported by leather). Lastly, do not wear cotton socks with hiking boots. Quality hiking socks are a combination of wool and synthetic materials that reduce the likelihood of blisters.

TOILETRIES

It is recommended to pack all toiletries in Ziploc plastic bags. Please do not bring electric items like curling irons, blow dryers, or electric razors.

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|---|---|
| <input type="checkbox"/> Sun screen (30 or above) | <input type="checkbox"/> Insect repellent (min. 30% DEET) |
| <input type="checkbox"/> Hairbrush | <input type="checkbox"/> Small mirror |
| <input type="checkbox"/> Deodorant | <input type="checkbox"/> Razor, shave lotion, etc. |
| <input type="checkbox"/> Antibacterial ointment (e.g. Neosporin) | <input type="checkbox"/> Band-Aids (waterproof) |
| <input type="checkbox"/> Benadryl-ointment | <input type="checkbox"/> Ibuprofen |
| <input type="checkbox"/> Dramamine (for motion sickness) | <input type="checkbox"/> Swimmers ear drops / isopropyl alc. |
| <input type="checkbox"/> Baby wipes | <input type="checkbox"/> Toothbrush, toothpaste & floss |
| <input type="checkbox"/> Biodegradable shampoo / conditioner / soap | <input type="checkbox"/> Baby / talc powder (optional) |
| <input type="checkbox"/> Spare glasses / contacts | <input type="checkbox"/> Anti-fungal medication (optional) |
| <input type="checkbox"/> Saline solution for contacts | <input type="checkbox"/> Females: hair band, barettes, tampons, etc |

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|--|--|
| <input type="checkbox"/> Washcloth | <input type="checkbox"/> Lotion |
| <input type="checkbox"/> Ear plugs | <input type="checkbox"/> Prescription medication, vitamins, suppl. |
| <input type="checkbox"/> Other medication (aspirin, anti-diarrheal...) | <input type="checkbox"/> Tweezers |

EQUIPMENT

It is very important to get good quality equipment and try it out/on before the trip.

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|---|--|
| <input type="checkbox"/> Soft-sided duffel or travel backpack | <input type="checkbox"/> Pillowcase (2) |
| <input type="checkbox"/> Day backpack | <input type="checkbox"/> Thin beach towel/Sarong (2) |
| <input type="checkbox"/> Lightweight sleep sack | <input type="checkbox"/> Water bottle (1 L recommended) |
| <input type="checkbox"/> Mask, fins, snorkel ^a | <input type="checkbox"/> Kitchen-size trash bag (2) |
| <input type="checkbox"/> Water resistant watch ^b | <input type="checkbox"/> Small binoculars |
| <input type="checkbox"/> Clothesline & clothes pins | <input type="checkbox"/> Pencils |
| <input type="checkbox"/> Camera, extra batteries | <input type="checkbox"/> Carabiner (2) |
| <input type="checkbox"/> Field Guide Book | <input type="checkbox"/> Pocket knife (recommended) |
| <input type="checkbox"/> Plastic Ziplocs | <input type="checkbox"/> Mosquito net (hooks, line for hanging) |
| <input type="checkbox"/> Sunglasses (w/ leash) | <input type="checkbox"/> Mesh bag for damp clothes |
| <input type="checkbox"/> Snorkel shirt/suit (sun protection) ^c | <input type="checkbox"/> 1 – 3 mm wetsuit (if sensitive to cold) |
| <input type="checkbox"/> Leggings ^c | <input type="checkbox"/> Calculator |
| <input type="checkbox"/> Water-resistant headlamp (+spare batteries) | |

^a It is *critical* that you try on the mask to ensure proper fit (ask Dr. LaPlante for details). Do not purchase an “all-in-one” package from stores like Wal Mart. A dive shop or sporting goods store is recommended.

^b The watch should be water-resistant to at least 10 m. A count-down timer function on the watch is recommended.

^c A long-sleeved snorkel shirt (“rash guard”, Under Armour, or similar) is *required* and will help protect against sunburn while in the water. Because the backs of your legs are exposed at the surface of the water when snorkeling, we highly recommend leggings or a full nylon/polyester suit for protection against the sun.

MISCELLANEOUS

- Passport ^d
- Money pouch
- Spending money ^e (recommended \$150 - \$250)
- Camera (optional, disposable waterproof recommended)
- Snacks
- Playing cards
- Personal notebook / journal (optional)

^d Note: A current passport is *required* for US citizens (birth certificate is no longer sufficient). US citizens do not need a Visa to enter Belize.

^c *Note:* \$1.00 US = \$2.00 Belize dollars. US dollars are accepted almost everywhere we visit, as well as Visa and MasterCard. For safety, you may want to consider using Barclays (free) or American Express traveler's checks. However, traveler's checks are not accepted at some of the smaller shops, so you will want to have some cash with you (e.g. bring \$100 cash and the rest as travelers checks). US coins are not accepted in the country of Belize.

RECOMMENDED RETAILERS FOR ABOVE CLOTHING/EQUIPMENT

- REI (www.rei.com) - clothing, equipment, toiletries
- EMS (www.ems.com) - clothing, equipment *students receive 15% discounts
- Divers Den (Manchester, NH: www.diversdendiveshop.com): snorkel clothing, snorkel equipment

OTHER PACKING TIPS

One check-in bag only: Many airlines now charge for more than one check-in bag. We require that you pack all clothing, toiletries, and equipment into one large, soft-sided duffle bag or travel backpack. Keep in mind that if you plan to purchase souvenirs, you will need to leave extra space in your bag! More valuable items should be packed in a small daypack that can be used as carry-on luggage during the flight. Lastly, your passport, cash, and credit cards should be kept in a small, discrete passport wallet or money pouch that can be kept on your person at all times.

Bag weight/size limits: You should measure and weigh your bag after packing to make sure it is within the airline's weight (usually 50lbs) and size (usually 62" total of length + width + height) limits. Generally, the airlines will charge up to \$50 for bags exceeding the weight/size limit.

Clean change of clothes: After our adventure in the sweaty tropics, we will be making a return flight that will bring us in close proximity to other travelers. It is therefore recommended that you keep one clean change of clothes for the trip home (keep dry by storing in a large Ziploc bag).

Permethrin treatment: Ticks are present in the forests. It is recommended that you treat your clothing with a commercial permethrin wash or spray (available at EMS or REI). The treatment will also help ward off mosquitos.