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 10-15% 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.
*Tropical Island*: conditions on the island caye are also hot, but less humid; normal beachwear and casual attire are appropriate.

<table>
<thead>
<tr>
<th>Item</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>T-shirts / tank tops</td>
<td>8</td>
</tr>
<tr>
<td>Long sleeve t-shirts / hoodie</td>
<td>4</td>
</tr>
<tr>
<td>Pants (4, at least 2 synthetic w/ zip-out legs)</td>
<td></td>
</tr>
<tr>
<td>Waterproof windbreaker or rain jacket</td>
<td></td>
</tr>
<tr>
<td>Shorts (3, some nylon)</td>
<td></td>
</tr>
<tr>
<td>Underwear (9, cotton)</td>
<td></td>
</tr>
<tr>
<td>Sleeping attire</td>
<td></td>
</tr>
<tr>
<td>Hat with brim (sun protection)</td>
<td></td>
</tr>
<tr>
<td>Clean outfit (stored in ziploc)</td>
<td></td>
</tr>
<tr>
<td>Bathing suit</td>
<td>2</td>
</tr>
<tr>
<td>Sarongs</td>
<td></td>
</tr>
<tr>
<td>Bandanas (2)</td>
<td></td>
</tr>
<tr>
<td>Sandals / Flip-flops</td>
<td></td>
</tr>
<tr>
<td>Athletic shoes (optional)</td>
<td></td>
</tr>
<tr>
<td>Hiking shoes or boots</td>
<td></td>
</tr>
<tr>
<td>Socks (5 pairs)</td>
<td></td>
</tr>
<tr>
<td>Water shoes or booties</td>
<td></td>
</tr>
<tr>
<td>Flip flops</td>
<td></td>
</tr>
</tbody>
</table>

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.

continued
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.

- Sun screen (30 or above)
- Insect repellant (min. 30% DEET)
- Hairbrush
- Small mirror
- Deodorant
- Razor, shave lotion, etc.
- Antibacterial ointment (e.g. Neosporin)
- Band-Aids (waterproof)
- Benadryl-ointment
- Ibuprofen
- Dramamine (for motion sickness)
- Swimmers ear drops / isopropyl alc.
- Baby wipes
- Toothbrush, toothpaste & floss
- Biodegradable shampoo / conditioner / soap
- Baby / talc powder (optional)
- Spare glasses / contacts
- Anti-fungal medication (optional)
- Saline solution for contacts
- Females: hair band, barettes, tampons, etc
- Washcloth
- Lotion
- Ear plugs
- Prescription medication, vitamins, suppl.
- Other medication (aspirin, anti-diarrheal…)
- Tweezers

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

- Soft-sided duffel or travel backpack
- Pillowcase (2)
- Day backpack
- Thin beach towel/Sarong (2)
- Lightweight sleep sack
- Water bottle (1 L recommended)
- Mask, fins, snorkel a
- Kitchen-size trash bag (2)
- Water resistant watch b
- Small binoculars
- Water resistant watch b
- Small binoculars
- Camera, extra batteries
- Pocket knife (recommended)
- Carabiner (2)
- Plastic Ziplocs
- small metal hooks & line for hanging mosquito net (net is provided)
- Sunglasses (w/ leash)
- Mesh bag for damp clothes
- Snorkel shirt/suit (sun protection) c
- 1 – 3 mm wetsuit (if sensitive to cold)
- Leggings c
- Calculator
- 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 30 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 \(^c\) (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 10-15% discount
- 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: Check-in baggage will be $25 per bag. 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 $100 extra 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.