

# 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. Bass Pro shop, R.E.I. or E.M.S.).

Note: Eastern Mountain Sports offers students a 10-15% discount with I.D.

## RECOMMENDED RETAILERS FOR CLOTHING/EQUIPMENT

- REI ([www.rei.com](http://www.rei.com)) - clothing, equipment, toiletries
- EMS ([www.ems.com](http://www.ems.com)) - clothing, equipment \*students receive 10-15% discount
- Divers Den (Manchester, NH: [www.diversdendiveshop.com](http://www.diversdendiveshop.com)): snorkel clothing, snorkel equipment

## 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.

- |                                                                              |                                        |
|------------------------------------------------------------------------------|----------------------------------------|
| ___ T-shirts / tank tops (8)                                                 | ___ Bathing suit (2)                   |
| ___ Long sleeve t-shirts / hoodie (2-4, some wicking)                        | ___ Water shoes or booties             |
| ___ Pants (2-4, at least 2 synthetic w/ zip-out legs; 1 cotton for lounging) | ___ Bandanas (2)                       |
| ___ Waterproof windbreaker or rain jacket                                    | ___ Hat with brim (sun protection)     |
| ___ Shorts (2-3, some nylon)                                                 | ___ Flip-flops                         |
| ___ Underwear (9-12, cotton)                                                 | ___ Hiking shoes or boots <sup>1</sup> |
| ___ Sleeping attire                                                          | ___ Athletic shoes (optional)          |
| ___ Socks (5 pairs)                                                          | ___ Sarong (optional)                  |
| ___ Clean outfit for Belize City (stored in ziploc)                          |                                        |

1. *Note about footwear:* Hiking boots or shoes? For many people, a regular pair of tennis shoes will be sufficient for day hikes along lowland tropical forest trails. The main difference between shoes and hiking 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, non-aerosol)
- ☐ Insect repellent (min. 30% DEET, non-aerosol)
- ☐ Deodorant
- ☐ Antibacterial ointment (e.g. Neosporin)
- ☐ Benadryl-ointment
- ☐ Females: hair bands, barettes, tampons, etc
- ☐ Toothbrush, toothpaste & floss
- ☐ Biodegradable shampoo / conditioner / soap
- ☐ Spare glasses / contacts & saline solution
- ☐ Hairbrush
- ☐ Washcloth
- ☐ Razor, shave lotion, etc.
- ☐ Prescription medication (pack in carry-on)

- ☐ Other medication (aspirin, anti-diarrheal...)

**Optional/Recommended Toiletries:**

- Band-Aids (waterproof)
- Ibuprofen
- Swimmers ear drops / isopropyl alcohol
- Ear plugs
- Baby / talc powder
- Anti-fungal medication
- Baby wipes
- Dramamine (for motion sickness)
- Small mirror
- Vitamins, supplements, etc.
- Tweezers
- “Skin-so-soft” oil

**EQUIPMENT**

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

- ☐ Soft-sided duffel or travel backpack
- ☐ Day backpack
- ☐ Course materials (books, notebooks, articles)
- ☐ Mask, fins, snorkel <sup>a</sup>
- ☐ Water resistant watch <sup>b</sup>
- ☐ Snorkel shirt/suit (sun protection) <sup>c</sup>
- ☐ Leggings <sup>c</sup>
- ☐ Kitchen-size trash bag (2)
- ☐ Plastic Ziplocs (2-5)
- ☐ Sunglasses (w/ leash)
- ☐ Water-resistant headlamp +spare batteries
- ☐ 1 Liter Water bottle
- ☐ Pencils

- ☐ Carabiners (2)
- ☐ Calculator
- ☐ Thin beach towel/Sarong (2)

**Optional/Recommended Equipment:**

- Camera, extra batteries
- Small binoculars
- Clothesline
- Pocket knife (pack in checked bag)
- Mesh bag
- 1 – 3 mm wetsuit (if sensitive to cold)

<sup>a</sup> 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.

<sup>b</sup> The watch should be water-resistant to at least 30 m. A count-down timer function on the watch is recommended.

<sup>c</sup> A long-sleeved snorkel shirt (“rash guard”, Under Armour, or similar) is *required* and leggings or a full nylon/polyester suit for protection against the sun.

**MISCELLANEOUS**

- ☐ Passport <sup>d</sup>
- ☐ Money pouch
- ☐ Spending money <sup>e</sup> (recommended \$150 - \$250)
- ☐ Reading book
- ☐ Snacks
- ☐ Playing cards
- ☐ Personal notebook / journal (optional)

<sup>d</sup> 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.

<sup>e</sup> 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.

**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. Remember bags will be heavier on the return flight due to water absorption and gifts.

**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.