

WHAT TO BRING to Belize

CLOTHING

Shirts - T-shirts, long sleeved cotton shirts
Pants - shorts, 1 or 2 pairs of long cotton pants
hat - for sun and rain protection
boots - light weight hiking boots with ankle support (for Hill Bank rubber boots)
sneakers - do not bring new ones
socks - several pairs of white Athletic socks
sandals - optional
swim suits
jacket - light weight windbreaker (pref. Waterproof)
bandannas
underclothing

OTHER ITEMS

passport and a photocopy of the first two pages **IMPORTANT**
camera(s) bring a large ziplock bag and silica gel packets to protect camera from dampness)
film - lots of it as it will be difficult or expensive to get down here; use a fast film (at least 200 ASA) or a flash as it is dark on the floor of a rainforest
binoculars - optional but great to have
insect repellent - **Important** - with DEET
sunscreen -**Important** use a high number of sun block because you will be winter-pale and the sun won't quit (except when under the canopy)
sunglasses
water bottle(s) **Important** - can be worn on belt
personal medical supplies - band aids, pain reliever; vitamins
personal toiletries - soap (and holder); toothbrush and paste, shampoo; deodorant (crucial);
towel; wash cloth; bathroom cup
back pack and/or fanny pack
notebook, pens/pencils, reading material, stationery
flashlight **IMPORTANT** - with extra supply of batteries
Walkman - (optional)
clothesline - retractable, for personal use
pen knife- Swiss army type
face mask and snorkel, flipper -(please note- these items will need to be rented at your own cost if not brought with you)
money - for Belize exit tax(us\$20.00) and any opportunities for souvenirs and snacks