

Packing List

BAGS

Once you arrive in Belize you will be travelling by minibus for the entire trip. Space is limited and your luggage should be tough and preferably flexible with a waterproof cover or rainproof material (heavy duty garden trash bags work well). Our recommendation is one large duffle and one small backpack (about the size of a book bag). Roller bags are not recommended as they may get damaged or be difficult to move around the gravel and grassed grounds of most lodges and accommodation.

Clothing

Long pants (lightweight quick drying are preferred)
Shorts
Dress
Skirt
Long sleeved quick drying travel shirt.
Short-sleeved t--shirt
Trekking shoes
Socks
Bandanas X 2
Swim wear
Towel
Rain jacket or poncho
Sandals or flip flops
Underwear
Wide brimmed sun hat (best) or baseball hat(ok)

Essential

Small medical kit
Water bottle
Sunglasses
Flashlight or headlight (with spare batteries)
Personal toiletries and medications
Money belt for passport etc.
Ear Plugs (the jungle is noisy) Hand
Sanitizer

Optional Extras

Book, tablet, nice camera.

****No special plugs or chargers are required**

BUGS

Mosquito's bite predominantly at dawn and dusk. During this time wear long sleeves and long pants. You can douse yourself in insect repellent, but we recommend using a natural product or one containing less than 30% DEET. DEET is a chemical insect repellent that is so toxic at higher concentrations it melts plastic! A better option is to pre-treat your clothes with PERMETHERINE this lasts up to six washes and keeps mosquitos, ticks and countless other biting insects away from you. Sawyer and Repel make a product you can find in Wal-Mart.

Personal Medical Kit

Current prescription medications normally taken in the US
Pepto Bismol
Spare pair of eyeglasses or contact lenses
Band-Aids
Neosporin
Ibuprofen
Decongestant
Benadryl (allergies)
1% Hydrocortisone cream (insect bites, sun burn)
Gold bond foot powder or talcum powder
Sun Screen (SPF > 30)
Insect repellent with no more than 30% DEET or natural products,