

## Packing List

### BAGS

Once you arrive in Belize you'll be travelling by minibus to our base at Crique Sarco. Space is limited and what you bring you'll have to carry for the entire trip. We recommend a 50-60litre backpack with a waterproof cover an/or the contents in drybags or a heavy-duty trash bag. You should use a small drybag with your personal items on the plane.

### Clothing

Long pants (lightweight quick drying are preferred)  
Shorts (knee length)  
Long sleeved quick drying travel shirt.  
Short-sleeved t--shirt  
Trekking shoes or jungle boots (don't bother with waterproof varieties they are hot and quickly clog)  
Socks  
Bandanas X 2  
Swim wear  
Camp Towel or sarrong  
Rain jacket or poncho  
Sandals or flip flops  
Underwear  
Wide brimmed sun hat (best) or baseball hat(ok)  
Drybags

### Essential

Small medical kit  
2 Water bottles  
Sunglasses  
Headlight (with spare batteries) Personal toiletries and medications  
Sleeping bag (2 season type)  
Hennessy hammock (provided by Aztec Travel)  
Money belt for passport etc.  
Ear Plugs (the jungle is noisy)  
Snacks (granola bars and nuts)  
Hand Sanitizer  
Phone charger (brick) so you can keep taking pictures.

Jungle travel clothing should be divided into dry and wet gear, the idea is you have two sets of clothes, one is always dry (for use at the end of the day and in your hammock) the other is always wet (from sweat and rain). If you want to go high-end, bring three sets of clothes (one wet, one damp and one dry).

### 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,

DO NOT bring cologne or scented deodorants/ lotions (mosquitos LOVE them)