

## Belize Ecology: Packing Information



### Watershed Ecology – Sample Packing List

When you are packing, keep in mind that you want to be able to carry all of your own gear while traveling through airports, etc. You might want to consider a backpack if you have one, otherwise a large duffel bag is probably your best option for luggage. Do not bring anything that is particularly valuable or fragile (other than a camera).

#### IN YOUR CARRY-ON:

- passport
- books, etc. for the plane
- journal
- travel snacks
- money: you will need to have at least \$20 for the exit tax when leaving Belize, a small amount for food while traveling, and anything you wish to bring for souvenirs. Suggested amount to carry is \$100-\$150.

#### CLOTHING:

Keep in mind that although it will be warm and humid, you will need clothing that protects you from insects and vegetation as well as from the sun.

- 2 pairs of lightweight long pants, quick-drying is best. Jeans are not recommended as they are heavy and slow to dry if they get wet.
- 2-3 pairs of shorts, at least one of which should be nylon or other synthetic quick-dry material
- 2-3 lightweight long-sleeved shirts; again synthetic is helpful because it is cooler and dries quickly.
- 3-4 t-shirts or tank tops
- warm fleece (or sweatshirt)
- rain jacket
- underwear and socks
- bathing suit
- nice/comfortable set of clothing for plane travel
- pajamas
- sunhat
- bandanna – convenient for sun & dust protection, etc.

#### FOOTWEAR:

- comfortable hiking boots or sturdy walking shoes (closed-toe). If you are buying new boots, make sure you wear them several times before going to break them in and assure that they are comfortable.
- water sandals or old tennis shoes for walking in the water, wearing on boats, etc.
- one pair of casual shoes or sandals for evenings, travel, etc.

## Sample Packing List...2

### TOILETRIES:

- toothbrush, toothpaste, floss
- soap, shampoo/conditioner
- deodorant
- antibacterial wipes or lotion – optional but very convenient
- sunscreen & insect repellent – NOT OPTIONAL
- hydrocortisone or other anti-itch lotion for insect bites that find their way past the
- clothing and repellent
- glasses or contacts as needed – it's a good idea to bring a spare pair if you have
- them
- personal hygiene products (women: never count on being able to find what you
- need while traveling)
- towel – lightweight & quick-drying
- tissues

### OTHER GEAR:

- sunglasses – a safety strap is helpful
- a few sealable plastic bags (good for protecting equipment such as camera from
- dust, humidity, and water)
- sleeping bag
- flashlight, extra batteries
- camera, film, extra batteries
- binoculars if you have a cheap pair – optional
- water bottle
- small money-bag that can be worn beneath your clothing