

PACKING FOR BELIZE

When you are packing your suitcase for Belize, you will want to review this check list to ensure that you are including these important items.

- long pants [2 pair, light weight so they can dry]
- shorts [optional; don't plan on wearing them in the field unless you like to be scratched up; they're fine back at the station]
- short sleeved shirts [4-5; T-shirts are fine]
- long sleeved shirt [1 or 2; to protect your arms from sun & insects]
- hat [with brim; especially important for people with fair skin and/or glasses]
- field shoes [sneakers/running shoes are fine; don't bring fancy boots - unless they like mud]
- sandals [flip-flops, Tevas, whatever; to let your feet air out back at the station]
- socks [5 pr minimum]
- rain jacket or poncho [or an umbrella --- or just get wet!]
- bathing suit
- casual clothes for night out in San Ignacio
- sunscreen
- insect repellent
- sunglasses
- binoculars [not just for birders]
- camera [a MUST!] digital is great!!!!
- CDs, memory stick, jump drives, etc.
- personal items [shampoo, soap, deodorant, etc.]
- prescription medications [please let the instructor know if you must take medications]
- day pack / backpack required for in the field
- travel alarm clock
- portable computer [if you have one]
- flashlight
- water bottle
- spending money (dinner out), small bills work best, no need to exchange money, U.S. currency is good everywhere in Belize
- insurance card/proof of insurance
- passport
- color photo copies of passport
- extra pair of glasses/contacts (if worn)
- batteries for camera/flashlight
- plastic (ziplock) bags for wet clothes
- cell phone (check with your local provider about coverage issues and cost)
- *Bring only things that can get wet, dirty, muddy, and stuffed into your luggage. Some people prefer to have two smaller bags rather than one large one (they fit easier on the bus and in your rooms).