

Required Supplies to Bring—**

Medical Travel Insurance
Valid Passport
Laundry Bag
Sturdy Work Clothes (long pants, t-shirts, one or more long sleeve shirts for insect protection)
Work/Hiking Boots (comfortable for both walking/hiking and working)
Rain Gear
Medication (prescription) and/or supplements (based on personal needs)
Bedding (twin sheets and pillow)
Bath Towel(s)
Mosquito net (size=for twin bed)
Personal toilet kit (soap, toothbrush, toothpaste, lip balm, sunscreen and other essentials)
Flashlight and batteries
Canteen or empty water bottles (may also be purchased locally in Belize)
Backpack ("day pack") you will use this in the field, to carry your lunch, water, and any other personal items, notebooks, and field tools (waterproof backpack or application of a waterproofing product)

Additional recommendations/suggestions to bring:

- Work clothes
 - sturdy pants and long-sleeves shirts (please bring long pants, NOT leggings)
 - anything that is cool in high humidity and dries quickly is good.
 - laundry is done once a week only; bring enough clothes to last ten days.
- Town/travel clothes
 - Shorts and t-shirts are fine but no short-shorts, halter-tops, torn t-shirts, dirty or ragged clothes for trips to public areas, villages, sites, etc.
 - The local population is clothing conservative, and we need to respect that.
- Tennis/running shoes (for around camp and travel to village, etc)
- Work gloves
 - cotton or canvas work gloves dry quickly
 - Leather gloves are good but dry slowly and sometimes mold or mildew
- Shower shoes/swimming/sandals/thongs/flip-flops and/or an in-camp shoe
- Hat –something that will protect you from rain and sun that can be stored in your backpack (ball cap, hiking hat, bandana, etc)
- Sunglasses
- Swimsuit
 - there are no swimming facilities at camp or nearby, but there may be opportunities to go swimming if you go on the optional trip
- Battery-operated fan and batteries (Target, Walmart, etc carry these)
- Insect repellent
 - for skin: Deep Woods Off!TM or Off! SkintasticTM are commonly used - up to about 30%-35% DEET.

- for clothing and gear: 100% Deet, or Permanone™, or repellent containing permethrin
- Pens, pencils, paper, envelopes (or journal/notebook)
 - for any personal needs
 - postcards, stamps may be purchased locally
- A waterproof marker
 - (e.g., Sharpie) to mark your laundry with your name
- Garbage bags
 - at least six – various uses including to pack things in and keep them dry, including covering your day pack when raining (also a backpack rain fly)
- Poncho/rain gear
 - some like ponchos that can be thrown on over your backpack
 - others prefer a waterproof rain jacket or rain suit
- Medications and supplements. NOTE: prescriptions/medications and supplements must be in their original pharmacy containers only – these should include the pharmacy label bearing your name (not anyone else's name).
 - Carrying a copy of your prescription is recommended.
 - Make sure you have enough for the duration of your stay. Keep in mind that some medications spoil quickly in hot humid climates, so a desiccant from your pharmacy should be included in the bottle with any tablets.
 - Consider the following: Pepto-Bismol, Imodium, or your favorite anti-diarrhea medication; aspirin, acetaminophen, ibuprofen, naproxen sodium; eye drops, electrolyte solution (Gatorade powder or EmergenC); foot powder, disposable wet-wipes for field and camp, minor first aid kit, allergy medications, antibiotic cream or wash
- Earplugs (for sleeping, or swimming on the optional trip)
- Reading material (personal)
- Snack foods (anything specific you need, granola bars, trail mix, non-cook items only)
- Nylon string and clothespins (to hang your wet towel from shower)
- Trowel, line level, tape measure (THESE WILL BE PROVIDED FOR YOU; so ONLY purchase if you want your own; ask Dr. T for brand/size recommendations)
- Phone and Charger cord (NO cell reception in camp but possible weekly visits to village)
- Re-sealable container for your lunch
- Spare pair of eyeglasses (or prescription sunglasses) or contact lenses

DO NOT Bring

- NO electric fans
- NO hair dryers (CAN NOT be used in camp)
- NO external speakers for playing music out loud (please use headphones/earbuds)
- NO electrical appliances
- NO pets/animals
- NO firearms, slingshots, bows, crossbows
- NO illegal drugs
- NO candles as they are a fire hazard
- NO visitors allowed to camp without prior permission. The project is located in a remote area that is difficult to find. We are located on a controlled access, guarded property.