What to bring -

**Required Supplies to Bring**
- Medical Travel Insurance
- Valid Passport
- Laundry Bag
- Sturdy Work Clothes
  - sturdy long pants and long-sleeves and/or short sleeved shirts for daily field wear
  - anything that is cool in high humidity and dries quickly is good
  - bandanas or a ball cap to cover head in the field
- Work/Hiking Boots
- Rain Gear
- Medication (prescription) and/or supplements (based on personal needs)
- Bedding (twin sheets and pillow)
- Bath Towel(s)
- Mosquito net (for twin bed)
- Personal toilet kit (soap, toothbrush, toothpaste, and other essentials)
- Flashlight and batteries
- Canteen or empty water bottles (may also be purchased locally in Belize)

**NOTE:** Bring enough US$ spending money in cash or traveler’s checks for the entire trip, as well as for the optional trip at the end, if you so choose (whatever amount best suits your own spending habits). There are no ATM’s accessible from or anywhere near camp and very few ATM’s in Belize in general.

**Additional Recommended Items to Bring**
- Enough work clothes
  - laundry is done once a week only; bring enough clothes to last ten days
- Town/travel clothes
  - No shortshorts, halter-tops, dirty or ragged clothes for trips to public areas
  - The local population is conservative and we need to respect that
- Tennis/running shoes
- Work gloves
  - cotton or canvas work gloves dry quickly
  - Leather gloves are good but dry slowly and sometimes mold or mildew
- Shower shoes or flip flops, and/or shoes to wear in camp
- Hat
  - something that will protect you from rain and sun that can be stored in your backpack
- Swimsuit
  - there are no swimming facilities at camp, but there may be opportunities to go swimming
- Battery-operated fan and batteries
- Insect repellent
  - for skin: Deep Woods Off™ or Off! Skintastic™ are commonly used - up to about 30%-35% DEET.
- for clothing and gear: Permanone™ (a repellent containing permethrin—good for ticks and chiggers)

- Pocket knife
- Pens, pencils, paper, envelopes
  - for journal writing and field notes/forms
  - postcards and stamps may be purchased locally for letter writing
- A waterproof marker
  - (e.g., Sharpie) to mark your laundry with your name
- Backpack ("day pack")
  - you will use this in the field, to carry your lunch, water, and any other personal items, such as camera, binoculars, paper, notebooks, and field tools
- Garbage bags
  - at least six - to pack things in and keep them dry, including covering your day pack
- 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
  - Prescription medications and supplements must be in their original pharmacy containers. These should include the pharmacy label bearing your 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 over the counter medications: Pepto-Bismol, Imodium, or your favorite anti-diarrhea medication; aspirin, acetaminophen, ibuprofen, naproxen sodium; eye drops, electrolyte solution (Emergen-C or Gatorade); foot powder, disposable wet-wipes, minor first aid kit, allergy medications, Neosporin.
- Earplugs
  - for swimming or sleeping
- Reading material
- Snack foods
  - granola bars, trail mix, or other snacks that are sealed and do not require heating or refrigeration
- Nylon string and clothespins
- Trowel, line level, tape measure
- Camera and film (film is expensive in Belize)
- Personal journal or notebook
- Re-sealable container for your lunch
- spare pair of eye glasses or contact lenses

**DO NOT BRING**

- electric fans
- hair dryers
- "Boom Box" style CD players
- electrical appliances
- pets/animals
- firearms, slingshots, bows, crossbows
- illegal drugs
- candles - they are a fire hazard