What to bring-

**Required Supplies to Bring**
- Medical Travel Insurance
- Valid Passport
- Laundry Bag
- Sturdy Work Clothes (long pants, t-shirts, one long sleeve shirt for insect protection)
- 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, lip balm, and other essentials)
- Flashlight and batteries (large, small, headlamp)
- 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
  - 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**
  - No short-shorts, 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/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
- **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™, or repellent containing permethrin
- **Pocket knife**
- **Pens, pencils, paper, envelopes**
  - for any personal needs
  - postcards, stamps may be purchased locally
• A waterproof marker  
  o (e.g., Sharpie) to mark your laundry with your name  
• Garbage bags  
  o at least six - to pack things in and keep them dry, including covering your day pack  
• Poncho/rain gear  
  o some like ponchos that can be thrown on over your backpack  
  o 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).  
  o Carrying a copy of your prescription is recommended.  
  o 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.  
  o 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  
  o for swimming or sleeping  
• Reading material  
• Snack foods  
  o granola bars, trail mix, anything that does not require heating or refrigeration  
• Nylon string and clothespins  
• Trowel, line level, tape measure  
• Camera and Charger (& storage card)  
• Personal journal or notebook  
• Re-sealable container for your lunch  
• spare pair of eye glasses or contact lenses