**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!™ or Off! Skintastic™ 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.