



**BELIZE FOUNDATION *for* RESEARCH and ENVIRONMENTAL EDUCATION**

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*The following list is based on a 14-day trip. Adjust accordingly.*

**Essentials**

- Passport
- [Health and Liability form](#)
- Name, phone number, and fax number of your physician and a close relative
- List of credit card numbers/travelers checks and numbers to call to cancel the card/replace these in case of loss or theft.
- Copies of passport in several locations in case of loss of passport. (Email yourself a copy, leave a copy with a relative or friend in USA and put one in your luggage)

**Clothing**

- 3-4 lightweight cotton t-shirts/tank tops
- 2 loose lightweight cotton long-sleeved shirts (or the synthetic kind you can get at Lands End or an outfitter. The lighter the better, so they will dry!)
- 2 pair lightweight loose cotton or mixed cotton/polyester long pants. No Jeans! They aren't very useful in the tropics; they are too hot and won't dry.
- 2 pairs of shorts
- 1 change of "nicer" clothes (slacks/skirt or sundress and button down shirt)
- 1 swimsuit
- 1 sweatshirt or jacket for cool nights (polar fleece material is good)
- 1 week's worth of socks and underwear
- 1 pair of sandals or water shoes (Crocs are great and so are KEENs or TEVAs)
- 1 pair of comfortable hiking shoes or boots
- 1 pair of sneakers (optional)
- 1 rain poncho or portable umbrella works well too
- A hat (broad-brimmed are best)

**Accessories**

- Zip Lock baggies. To keep things dry in the bush (IMPORTANT)
- Sunglasses. Polarized lenses are best.
- Toiletry kit. Include all of the items that you would normally use. *Please bring biodegradable soap and shampoo.* Dr. Bronner's Liquid Soap is recommended and can be found in most large grocery stores in the toiletries. It can be used for shampoo, body soap, and to handwash clothes. Women—please bring feminine products as cycles are often disrupted during travel!
- EmergenC. This will help keep your immune system strong and is good to add to bottled water to keep electrolytes in your system. Helps keep you from getting dehydrated. Can be found at large grocery stores in packets.
- Headlamp or flashlight. Bring 2 sources of light, headlamps are best



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- Batteries for headlamps and camera. Bring extra, not easily obtained in Belize.
- Towel. Lightweight old ones are best or camp towel, but these tend to be small.
- Pocketknife or “Leatherman” type tool. Not a necessity, yet very handy; make sure you put this in your checked bag!
- Small day pack or backpack for daytime excursions. Can be your carry-on bag.
- Refillable water bottles. The stainless steel ones are nice and lightweight.
- Sunscreen. Chemical sunscreens destroy the coral reef! Use natural sunscreens like Alba, Burt’s Bees, or others.
- Insect repellent. The best defense against insects is to COVER UP while in the jungle! If you bring repellent, choose non-toxic. If you choose to use products with DEET, more is not always better, products with 100% DEET have been known to melt the plastic on cameras!
- Mask, snorkel, and fins. Only if your trip includes trip to the reef.
- Personal first aid supplies: Band-Aids, moleskin (for blisters), Tylenol, Benadryl, a laxative, Imodium/Pepto, anti-itch cream, a topical antibiotic cream, Gold Bond Powder (menthol) (useful for keeping dry and comfortable), and an anti-fungal cream or powder if you are prone to foot fungus.
- Medical kit: Each group must provide a complete medical kit. BFREE has a first aid kit, which is intended for emergency use only
- Binoculars (optional but suggested, particularly for viewing wildlife)

***As a basic rule, if you cannot get along without it, bring a spare or maybe two. This applies to contact lenses and glasses, flashlights, and personal medications.***