

Packing Guide

Below are some guidelines to help prepare you for your trip to Belize. The moist climate is hard on electronics. Power is not guaranteed; therefore, we recommend leaving any non-essential items at home—pack extra bulbs and batteries for flashlights or cameras. Any expensive jewelry or other valuables should also be left at home.

Medical kit

Each group must provide a complete medical kit. BFREE has a first aid kit, which is intended for emergency use only.

Luggage

Pack as light as possible, and be sure you can carry your own luggage without assistance in one load. Internal frame hiking backpacks are the most convenient, comfortable way to pack.

Clothing

Bring clothing that is practical, comfortable, and socially appropriate. Avoid wearing excessively revealing or immodest clothing. Bring lightweight, partially synthetic fabrics that are easy to wash and quick to dry. Heavy blue jeans do not dry well in humid weather. For hiking and field activities, bring clothing that can get wet and muddy. The best, safest defense against insects and elements is to cover up with long sleeves and pants.

Footwear

Footwear should be comfortable, already broken in, and suited to the terrain. Remember to include a pair of water shoes or sandals that can get wet. Teva, KEEN, Choco, or Crocs all make great shoes for this. A pair of lightweight hiking boots or tennis shoes are also handy.

Flashlights/Headlamps

One flashlight and one headlamp each are essential for walking around BFREE after dark and early morning hours. Much of the amazing wildlife of Belize is best viewed at night. Therefore, a headlamp and flashlight with a strong beam is the optimum illumination device. Black Diamond and Petzel make great lights with strong beams. If these are too expensive for your budget, choose one with the strongest beam. Pack plenty of extra batteries! And don't forget to take your used batteries home with you for disposal.

Mosquito Netting

This is required for guests staying in the BFREE bunkhouse or on a Caye. A single canopy mosquito bed net will work in essentially any setting you will encounter during your trip. Two options currently available on Amazon are Friendly Swede's Single canopy net or Emergency Zone's canopy mosquito net.

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. The following list is suggested for 8 days.

REQUIRED ACCESSORIES:

- Flashlights and/or headlamp along with extra batteries (strong beam for night hikes)
- For guests staying in the bunkhouse, a twin-size mosquito net is required.

TRAVEL PAPERWORK:

- Passport
- Name, number, and fax of your physician and a close relative
- List of credit card numbers/traveler's checks and numbers to call to cancel/replace in case of loss or theft.
- Copies of passport in several locations in case of loss of passport. (leave a copy with a relative/friend in the USA and put one in your luggage)

CLOTHING ESSENTIALS:

- 2 loose, lightweight, quick-dry long-sleeved shirts
- 2-3 pair lightweight loose long pants. Avoid jeans that take longer to dry.
- 3-4 lightweight cotton t-shirts or tank tops
- Swimsuit
- Sweatshirt or jacket for cool nights
- 1 week supply of socks and underwear
- Footwear - 1 pair of water shoes & 1 pair of comfortable hiking shoes or boots (already broken in)
- Rain poncho
- Hat

ESSENTIAL ACCESSORIES:

- Insect repellent - (The best defense against insects is to wear lightweight long-sleeve shirts and pants while at BFREE.)
- Reusable water bottle
- Toiletry kit: Include all of the items that you would normally use; please bring biodegradable soap and shampoo
- Small day pack or backpack for daytime excursions
- Feminine products (cycles are often disrupted during travel)
- Towel - lightweight ones are best
- Personal first aid supplies: Band-Aids, moleskin, Tylenol, Benadryl, a laxative, Imodium/Pepto Bismol, anti-itch cream, a topical antibiotic cream, and an anti-fungal cream or powder
- Sunscreen - please use natural sunscreens because chemical sunscreens destroy the coral reef
- Ziploc baggies or dry bag (for keeping items clean and dry)

OPTIONAL:

- Camera and Binoculars
- Sunglasses, polarized lenses are best
- Mask, snorkel, and fins
- Shorts for wearing on the coast
- Emergen-C
- 1 change of "nicer" clothes