

BFREE PACKING GUIDE

The following list is suggested for 8 days:

REQUIRED ACCESSORIES:

- Flashlights and/or headlamp along with extra batteries (strong beam for night hikes)
- Towel - lightweight/quick-dry ones are best

ESSENTIAL ACCESSORIES:

- Insect repellent - (The best defense against insects is to wear long-sleeve shirts and pants.)
- 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)
- 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
- Ziplocs or dry bag (for keeping items clean and dry)

CLOTHING ESSENTIALS:

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

TRAVEL PAPERWORK:

- Passport
- Name and number of your physician
- List of credit card numbers and numbers 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)

OPTIONAL:

- Camera and Binoculars
- Sunglasses, polarized lenses are best
- Mask, snorkel, and fins
- Emergen-C
- Books, crosswords, small games to play at night
- Earplugs for better sleeping

The packing list is a guideline to help prepare you for your trip to BFREE. 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. 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.

Luggage

Pack as light as possible, and be sure you can carry your own luggage without assistance in one load.

Clothing

The best, safest defense against insects and the elements is to cover up with long sleeves, long socks, and long pants. Bring clothing that is practical, comfortable, and socially appropriate. Pack lightweight, partially synthetic fabrics that are easy to wash and quick to dry. Denim jeans and other thick materials do not dry well in humid weather. For hiking and field activities, bring clothing that can get wet and muddy.

Footwear

Footwear should be comfortable, already broken in, and suited to the terrain. We recommend a pair of lightweight hiking boots or tennis shoes. 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.

Flashlights/Headlamps

One flashlight and one headlamp each are essential for walking around BFREE after dark and in the 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.

Linens

BFREE provides bed sheets and blankets. Guests must pack their own towels.