
ECO-TRAVEL TO BELIZE

February 8-17, 2020

Belize packing list

Please--Remember to pack light!

Personal Items

- Passport & photo ID such as driver's license (plus copies which should be stored in a different place than originals)
- Cash and credit cards (make a list of credit card numbers and phone # to call if lost or stolen and store in a different place than originals). Cash should be in smaller bills (\$20 or less).
- Insurance cards (Health, prescription, etc.)
- Flight itinerary
- Copy of Traveler's insurance info
- Glasses, sunglasses (w/strap) or contacts plus spares
- Credit cards (notify carrier before departure of where you will be traveling)
- Prescriptions (bring copies of prescriptions or a medication list with dosage and how taken), prescription medication for Traveler's diarrhea
- Eye drops, ear drops for swimmers
- Small first aid kit: Anti-diarrheal like Imodium, Band-aids, aspirin/Tylenol, scissors, tweezers, safety pins, antibiotic ointment, over the counter meds, etc.
- Small packets of Pedialyte or other hydration product that can be reconstituted with water if needed
- Bonine or other motion sickness medication
- Sunscreen (oxybenzone free, 30-50 SPF, waterproof) enough to use all day every day & lip balm with sunscreen
- Something to ease itching from insect bites if you think you'll need it
- Earplugs if you are sensitive to noise or animal/bird sounds
- Moist towelettes or hand sanitizer
- Personal toiletries
- A Journal to write in (optional)
- Alarm clock
- Snacks Like energy bars, granola bars, nuts, etc.
- Beach towel or travel towel
- Field guides (optional)
- Cell phone
- Electronic chargers
- Small Kleenex-like tissue packets

Clothing

- Easy to wash & dry lightweight short-sleeved shirts
- 1-2 long sleeved shirts with a collar for insects, sun or cool evenings
- Lightweight long pants
- Shorts
- T-shirts
- Underwear
- Sleepwear-lightweight
- Sturdy closed toe sandals, water shoes or old running-type shoes that can get wet (NOT flip/flops— but Keen or Teva-type sandals.)
- Sandals like flip-flops or other lightweight sandals to wear in your room. Depending on where we're staying, bare feet are not a good idea. If they are waterproof you may want to wear them in the shower to prevent slipping on shower tiles. Bath mats are typically not provided.
- Long-sleeved polypropylene shirt to wear while snorkeling (great if it has sunscreen protection)
- Lightweight hiking boots or sturdy running/tennis shoes
- Comfortable walking/tennis shoes
- Light socks
- Light fleece, sweater or sweatshirt
- Raincoat
- Wide-brimmed hat (to keep the sun off your face and neck)
- Sunglasses with band/string
- Swimsuit (2 recommended)
- Comfortable casual clothes for evenings (we will not need to dress up in any of the places we're staying)

Gear

- Small day pack or backpack
- Refillable water bottle
- Flashlight, headlamp (if you have one)
- Extra batteries/battery charger
- Camera
- Binoculars (optional)
- Plastic/dry bags for packing
- Plastic garbage bags to store wet things and/or keep things dry
- Small Ziplocs to store snacks (and keep ants out of snacks)
- Waterproof camera (optional)
- Snorkeling Gear (if you have it)
- Camp Suds or laundry soap if you need to wash clothes. Note: It is best to not plan on washing clothes as the high humidity prevents clothes from drying quickly. Overnight drying in temperate climates means at least two days of drying in the tropics.)
- Waterproof watch (if you have one)

Helpful Hints

- Pack light!
- Dress in light colors – it helps deter bugs and is cooler in the warm weather
- Dress in layers for sun and temperature changes
- Cotton does not dry well in the tropics; nylon & synthetics work better
- CPAP users – make sure you bring all your supplies and an extension cord
- Double check airline and TSA regulations on allowable items, weight, volumes of liquids and numbers of items for carry-ons and checked baggage. Weigh your baggage to meet specifications. Tag each checked and carry-on item with your name & contact information. Include a copy of your name and contact information inside bags.