

Packing List

Notes: These are the minimum suggested packing requirements. The links point to examples, which are suggestions unless noted. Optional items (other people's suggestions) may be found at the end of this document. At the end of each item, the recommended packing location is listed in [brackets].

Identification and Money Primary identification, primary funds (\$200.00 USD), secondary identification (copies), and emergency funds (\$100.00 USD) should all be kept on your person during travel. You must leave a copy of your passport, US driver's license, and emergency names and phone numbers with your emergency contact at home!

- Passport (to be kept on person at all times, except on hotel grounds) [*on person*]
- US driver's license [*on person*]
- Emergency names and phone numbers (including credit/bank card emergency phone numbers, to be kept on person at all times, except on hotel grounds) [*on person*]
- MasterCard/Visa/ATM cards (call bank and inform them of your travel plans before departure) [*on person*]
- Copy of all IDs (Passport and US driver's license) (kept in different locations than IDs) [*carry-on luggage*]
- Copy of emergency names and phone numbers (including credit/bank card emergency phone numbers) [*carry-on luggage*]
- \$200.00 United States Dollars (to be converted to Belize Dollars in Belize - must be free from dyes and untorn) [*on person*]
- \$100.00 United States Dollars (emergency money - must be free from dyes and untorn) [*on person*]

Clothing (see General Information for Students for important information about clothing, none of your clothing should be camouflage nor should it have cultural/political references)

- 5 pairs of under garments ([women](#) and [men](#), nylon/light cotton/high wicking, [*checked luggage, wear one pair*])
- 5 pairs of [socks](#) (light cotton/high wicking) [*checked luggage, wear one pair*]
- 4 [shorts/skirts](#) (non-convertible, non-fancy-Target/K-Mart/Walmart) [*checked luggage, wear one*]
- 2 pairs of [pants/long skirts](#) (lighter colors are better against mosquitoes, cargo pockets, non-convertible, non-fancy-Target/K-Mart/Walmart, for hiking/nights, apply [Permethrin Clothing Insect Repellent](#) before departure) [*checked luggage*]
- 2 [long sleeve shirts](#) (light color better against mosquitoes, non-fancy-Target/K-Mart/Walmart, for hiking/nights, apply [Permethrin Clothing Insect Repellent](#) before departure) [*checked luggage*]
- 4 [short sleeve shirts](#) (do not need to be button down, [tee-shirts](#) will work fine) [*checked luggage, wear one*]
- 2 [pairs of closed-toed walking/hiking shoes](#) (simple, but break-in before the trip) [*checked luggage, wear one pair*]
- [Travel rain poncho](#) (simple and light weight) [*checked luggage*]
- 2 [hats](#), one wide-brimmed another simple (e.g., baseball cap) [*checked luggage*]
- 2 [bandanas](#) (for cooling, soak in water and place around neck) [*checked luggage*]

Personal Care

- Toothbrush (new, full size, not travel - they break) [*checked luggage*]
- Tooth floss [*checked luggage*]
- Tooth paste (one-month supply, 5 oz. minimum) [*checked luggage*]
- [32 oz. water bottle](#) (disposable water bottles may also be purchased on site) [*checked luggage*]
- Brush/comb [*checked luggage*]
- Prescription medications (pack these in your carry-on, must be in original containers with your name on the prescription when traveling.) [*carry-on luggage*]
- [Anti-fungal cream](#) (for athletes foot/jock-itch/etc., common in tropical environments) [*checked*]

luggage]

- Personal medications (Benadryl, Advil, Motrin, Tylenol, vitamins, etc. and must be in original containers) [*checked luggage*]
- [small first aid kit](#) (band-aids/antibiotic ointment/tweezers/alcohol wipes) [*checked luggage*]
- Shaver/shaving kit/cream/razor/razor blades [*checked luggage*]
- [Anti-itch cream/gel/Fels-Naptha](#) (for the bites you will get) [*checked luggage*]
- [Anti-diarrheal medication](#) (it happens) [*checked luggage*]
- [Nail trimmers](#) [*checked luggage*]
- [Sun screen](#) (50 SPF, broad spectrum, water/sweat proof) [*checked luggage*]
- [Hand sanitizer](#) [*checked luggage*]
- Miscellaneous personal hygiene as needed (hair bands/feminine products, cotton swabs, lotion, lip balm, contact lens cleaner, etc.) [*checked luggage*]

Electronic Equipment (make sure all equipment works and is updated!)

- Laptop computer with WiFi (ac adapter; backup drive recommended) [*carry-on luggage*]
- [Mouse and mousepad](#) (working on you laptop much easier/bring full sized) [*checked luggage*]
- [Camera](#) (small point and shoot) [*carry-on luggage*]
- [Small bright flashlight](#) (mosquito hunting, blackouts, and emergencies) [*checked luggage*]
- [Ear buds](#) (for music and listening to interview recordings) [*carry-on luggage*]

Miscellaneous Supplies

- [Spiral-bound notebook](#) college ruled, 9.5 x 6 inches, 150 or more sheets (lecture/morning meeting notes) [*carry-on luggage*]
- 5 [Mechanical pencils](#) (they get lost/break, you want some everywhere) [*carry-on luggage*]
- 2 [Write in the rain notebooks](#) (4" X 6" for interview notes) [*carry-on luggage*]
- [Wrist watch](#) (simple, inexpensive, water resistant) [*on person*]
- [Backpack](#) (small, to carry notebook, water bottle, and limited supplies during fieldwork) OR [Hydration Backpack](#) (small, to carry notebook and limited supplies during fieldwork) [*checked luggage*]
- [4 oz. 98.11% DEET](#) (near 100%, Belizean mosquitoes laugh at less than 50%) [*checked luggage*]
- [Batteries](#) (for all electronic equipment, rechargeable are preferred) [*checked luggage*]
- [Zip lock bags](#) (assortment of 1 gallon, quart, and sandwich, 5 of each size) [*checked luggage*]
- [Multitool/knife](#) (a tool for everything) [*checked luggage*]
- Sunglasses [*carry-on luggage*]

Optional Things that are nice to have, but are entirely optional (some I take, some other people take)

- Book(s) to read for pleasure/escape [*checked luggage*]
- MP3 player [*carry-on luggage*]
- [Headlamp](#) (we will not be out much in the dark) [*checked luggage*]
- [Wet wipes](#) [*checked luggage*]
- Deck of cards [*checked luggage*]
- [Travel alarm clock](#) (in place of using the alarm on your wrist watch) [*checked luggage*]
- [Fork, spoon, knife](#) (eating lunch in your hotel room) [*checked luggage*]
- Small cutting board [*checked luggage*]
- Collapsible bowl/plate [*checked luggage*]
- [Facial tissue](#) (travel size) [*checked luggage*]
- [Earplugs](#) (if you have trouble sleeping with noise) [*checked luggage*]
- [Eye mask](#) (if you have trouble sleeping with light) [*checked luggage*]
- [Flip-flops/sandals](#) (only for use on the hotel grounds) [*checked luggage*]
- [Sink stopper](#) (for doing laundry in sink) [*checked luggage*]

Buy in Orange Walk Town There are several items that you can/should buy in Belize rather than packing to save weight in your luggage. The following are pictures taken of some of the items available in The People's Store in Orange Walk Town: [one](#), [two](#), [three](#), [four](#), and [five](#).

- Powdered laundry soap (for doing small laundry in room, each room can buy some)

- Snacks candy, fruit, cereal, and other in-room food can be bought locally, fresh fruits and vegetables may be bought in the market, and there are both bakeries and tortilla factories nearby.
- Clothes may be bought at several stores near our hotel, so if a clothing item fails or you find you need an extra shirt, you can buy them in town.
- Many of the personal care items (bar soap, shampoo, antiperspirant, umbrella) are available locally and inexpensively!

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