

A BELIZEAN CHECKLIST

1. Passport (please make several photocopies of your passport, just in case...)
2. Traveler's Checks (ca. \$250 should cover incidental expenses)
3. Clothing (all-cotton, in earth-tones will be the most comfortable)
 - * short & long-sleeve shirts
 - * short & long pants
 - * bathing suit
 - * light-weight jacket, sweatshirt or windbreaker
 - * poncho or rain gear (recommended)
 - * sturdy walking shoes
 - * sandals (Teva- or Chaco-type recommended)
 - * socks
 - * broad-brimmed hat (the sun will be punishing)
4. Traveling & Hiking Gear
 - * cotton sheet & perhaps a pillow
 - * pack or duffle bag (No packs with external frames!!!)
 - * day pack
5. Other Items
 - * toothbrush & paste
 - * biodegradable soap (I like Dr. Bronner's liquid soap)
 - * towel
 - * plastic water bottle (ca. 1 quart)
 - * sunglasses
 - * waterproof sunscreen (I swear by Bull Frog 36)
 - * insect repellent (100% DEET is my buddy)
 - * flashlight with extra batteries & bulb (It's hard to beat a Maglite)
 - * folding pocket knife (Do not carry knife on plane!!!)
 - * notebook with pencils (Ink runs in the rain)
 - * mask, fins & snorkel (wash glass of new mask with dish soap before you leave!!!)
 - * medicine (Imodium, Pepto-Bismol, Benadryl, ibuprofen, aspirin)
 - * ear flush to prevent swimmer's ear (75% rubbing alcohol & 25% vinegar)
 - * camera with extra batteries & memory cards
 - * binoculars
6. Forbidden Items
 - * radios, iPods, and CD players
 - * illegal drugs