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