

# GLOVERS REEF & MAYAN CAVES AND LIGHTHOUSE REEF ADVENTURE

## EQUIPMENT & PACKING LIST

### TO DO LIST

- check passport expiry date (be sure that your passport expiry date is at least three weeks after you are scheduled to return home.)
- reserve international flights
- fax or mail flight itinerary to IEC office
- reserve hotel (\*if overnight en route to or from Belize i.e.. Miami, Houston, LA)
- pay flights and hotel
- send final payment
- mail medical form and waiver, completed and signed, to IEC office
- receive air tickets and double check flight itinerary
- receive a letter 2-3 weeks before departure with final rendezvous information
- make two photocopies of passport-one to carry with you and one to leave with family or friends
- required inoculations up to date
- gloat as friends and family members look on with envy

### PERSONAL EQUIPMENT LIST

- passport
- photocopy of passport
- air tickets
- favorite snacks for between meals
- personal spending and emergency funds including departure taxes - \$20US from Belize
- 1 extra set of clothes for flight home
- 1 pair good hiking shoes (ankle support recommended)
- 1 or 2 pair lightweight, fast drying long pants
- underwear
- 3 - 4 pairs of socks
- 2 pair nylon shorts and/or loose skirt or sarong
- 1-2 bathing suits
- 3 T-shirts
- 2 long sleeved shirts preferably with a collar (for protection from the sun & bugs) Silk shirts work well and dry quickly.
- 1 fleece jacket or wool sweater (this will keep you warm even when wet)
- 1 good quality rain jacket

- 1 wide brimmed sunhat (to keep the sun off your face and neck)
- sunglasses with band (Chums, Croakies, etc.)
- 1-3 bandanas (handy for sun protection)
- spare set of eyeglasses (even if you wear contact lenses) and contact lens solution
- flashlight and spare batteries (we recommend water resistant headlamp flashlights)
- mask, fins, snorkel **\*IMPORTANT\***
- mesh bag for carrying snorkel gear (optional)
- wet suit – (not essential but water temperatures in Dec. and Jan. can be cool) and / or
- capilene, polypropylene or silk long underwear (great for snorkeling)
- 1 liter water bottle
- 1 small towel—(either a small camp towel or thin beach towel)
- personal toiletries
- personal medication and prescriptions
- small personal First Aid Kit: i.e.. Band-Aids, aspirin/tylenol, scissors, tweezers, safety pins
- sunscreen (non-Paba-based, SPF 15 - 35) waterproof for kayak trips-eg. Ombrelle
- Vaseline or skin care cream
- Caladryl/ After Bite/ Benadryl Cream or lotion to ease itching from bug bites
- Aloe Vera lotion
- insect repellent (20 - 100% Deet)

### **OPTIONAL**

- camera equipment and film / waterproof throw-away camera
- binoculars
- bug jacket
- Skin-So-Soft Avon used as repellent
- Handy Wipe - moist tissues for hands and face
- Toilet paper for emergency travels
- lighter(s)
- 2 candles \*Candle Lantern (available at outdoor stores) (Oil Lantern provided in each tent)
- good reading book, log book and pen
- white wine ( for sea kayaking trips, very hard to find in Belize-great with fish and seafood!)
- liquors
- personal coffee for extreme coffee drinkers (i.e.. special blends)
- clothes line and pegs
- small day-pack (can be handy on any of our trips)
- mesh bag for carrying snorkel gear (optional)
- fishing rod & tackle (optional)
- art supplies, sketching tools or water-colors (optional)
- 1 pair light cotton gloves /bike gloves (for protection from the sun/blisters when paddling)