



# KAYAK RENTAL INFORMATION PACKAGE

## IMPORTANT!

**(KAYAK RENTALS ARE FOR EXPERIENCED KAYAKERS ONLY)**

*To help you prepare for your kayak rental in Belize we have compiled the following document. Once you have read the pre-trip guide, any remaining questions you may have regarding your trip can be answered by calling 1-800-667-1630 or by emailing [info@islandexpeditions.com](mailto:info@islandexpeditions.com)*

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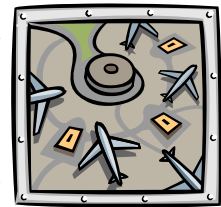
# KAYAK RENTAL ESSENTIAL INFORMATION

**BEFORE READING THIS DOCUMENT PLEASE BE AWARE THAT WE ARE NOT RESPONSIBLE FOR YOUR SAFETY, TRIP DECISIONS OR TRIP PLANNING. OUR SERVICES ARE LIMITED TO RENTING KAYAKS AND CAMPING GEAR AND ARRANGING BOAT CHARTERS ON YOUR BEHALF. AS YOU ARE RENTING KAYAK EQUIPMENT FROM ISLAND EXPEDITIONS WE ARE ASSUMING THAT YOU ARE AN EXPERIENCED SEA KAYAKER.**

The information in this package is only intended as a guideline and is intended to help you with your trip planning

## ON ARRIVAL INTO BELIZE

The Belize International Airport (Phillip Goldson International Airport—airport code BZE) is small and easy to navigate. You will disembark your plane directly onto the airport tarmac and will be directed to the terminal building and Immigration. After your passport is stamped, you collect your bags and move through the customs area. The whole process can take up to an hour, but is usually much quicker than that. After completing your check-in, porters are standing in clear view and are ready to assist you with your bags if you wish, but it is a very short distance to where we meet you. Please be aware the porters are not employed by the Airport Authority, they can be pushy and they charge 1 US dollar for each bag. You are not obligated to use their services.



The taxi area is outside, through the double exit doors, turn right onto the sidewalk. There is an air-conditioned bar and restaurant in the observation area on the upstairs level of the airport inside the terminal.

## RENDEZVOUS IN DANGRIGA

Our operations base is located on the waterfront about 150 yards north of Pal's Guesthouse right on the beachfront in Dangriga, Stann Creek District, Belize. You can easily find us by asking locally for the "Canadian Kayakers". From the local bus station in Dangriga we are located 3 blocks north-east, across the Havana Bridge, on the waterfront. Arriving by domestic flight, it is best to organize a taxi ride to Pal's Guesthouse which is next door to our base of operations. If you need assistance locally our Dangriga office can be contacted at 522-3328 or 522-0078. Please note you should plan to arrive into Dangriga with ample time to pack and organize your gear and food. This is especially true for those booked on the Glover's Getaway and Rental Package as you must have all of your gear and food organized before you depart to Glover's Reef on Sunday morning. Please remember that stores and local markets are closed in Dangriga on Sunday morning.

# TRIP PREPARATIONS

## PASSPORTS AND VISAS



A current passport is required for Canadian, American and British citizens for travel in both Belize and Guatemala. For citizens of other countries you should contact your embassy or consulate for entry requirements. We suggest that you carry a photocopy of your passport with you while traveling, keep it in a separate place from your passport, and also leave a copy with a friend or family member at home.

## INSURANCE

For all travelers, it is highly recommended to obtain a short-term traveler's insurance policy. This policy should cover baggage, accident/life, flight and trip cancellation and must be purchased once your flight and trip schedule are confirmed. Trip cancellation insurance also covers you for land costs in the event of personal or family illness. Flight insurance should be purchased within a few days of paying for your airfare.

You can purchase various forms of medical and travel insurance, we recommend Travelguard, you can link up with them directly at [www.belizevacation.travel](http://www.belizevacation.travel) scroll to the bottom of the page.

## MEDICAL



Though always rigorous, kayaking trips can be physically challenging. As such, a thorough medical examination is advised. The following are recommendations for your protection:

**Tetanus** - A current tetanus inoculation is required to participate in any IEC trip. Tetanus shots are usually good for ten years. If you are unsure of your last inoculation please check with your doctor.

**Hepatitis A** - We recommend a vaccination to protect you against Hepatitis A: Havrix\* a series of two inoculations. The first covers you for a year and the second is administered a minimum of 6 months later and is good for up to 20 years. There is also another option which covers you for Hepatitis A & B, called Twinrix. Please contact your local physician for details.

**Malaria** - For those participants on the Ultimate Adventure or Maya World Extension, taking anti-malaria pills (Chloroquine) is suggested. A program usually starts two weeks prior to the commencement of your trip and five weeks after you return home. Please contact your physician or local travel clinic for details.

**Dengue Fever** - An illness transmitted by mosquitoes, with flu-like symptoms. It is becoming more prevalent in rural and even urban areas in the tropics. The most important preventative measures are to wear pants, socks and a long sleeve shirt in the evening hours or early morning when mosquitoes are out. Also use liberal amounts of insect repellent on your clothes.

**Typhoid & Polio** - Consult with your physician. These are not considered a problem in Belize.

**Please remember that you are responsible for consulting a medical professional prior to trip departure regarding all the above considerations.**

## PERSONAL MONEY, SPENDING AND EXTRAS

**1 US dollar = 2 Belize dollars and US cash is accepted everywhere in Belize.**



Typically, you will require US funds for the transportation back to Belize City, one or two taxis, and any meals before or after the trip. We recommend you bring a combination of US cash and travelers cheques (a few \$50's with the majority in small denominations such as, \$20's, \$10's, \$5's, and a few \$1's). We also strongly recommend you separate your cash so you are not carrying it all in the same place. In addition to your spending money, it is a good practice when traveling to carry an amount of emergency cash. A contingency fund of \$200 US will help with any additional charges that may occur due to late arrival, missed connections, lost luggage, inclement weather, and other circumstances beyond your control. VISA, MasterCard and American Express are taken in some establishments in major centers such as Belize City. Cash advances can sometimes be made on Visa and MasterCard although it is better not to depend

on this. US cash is accepted everywhere. There is often a service charge for using credit cards in Belize. Also, drawing money from an ATM should not be part of your budget plan. Although bank machines are becoming more and more frequent in the cities and towns of Belize, many are not yet attached to the North American banking system.

A Government of Belize departure Tax of \$37.50US is levied on many outgoing international flights from Belize and is due by you at the airport in Belize before you depart the country (some of the airlines include this fee in your ticket price so you do not pay at the Belize airport). There is also a domestic air tax of \$5 BLZ for each domestic flight from the Belize International Airport. For those exiting Belize overland, there is a departure tax of approximately \$20 US, applicable to tourists 12 years and older, at all land borders.



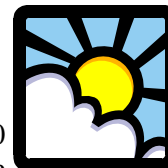
## GENERAL NOTES ON ADVENTURE TRAVEL IN BELIZE

Traveling along the Barrier Reef of Belize by sea kayak is an exciting event and the experiences and insights gained are very special. It is important to remember that when traveling in self-propelled craft of this nature, the day-by-day life is very much determined by the weather and the sea conditions encountered during the trip. It is a good idea to paddle shorter distances during the first few days of the trip to allow your body to acclimatize to both the kayak and the tropical conditions.

**Remember that while on the water it is necessary to shield yourself from the sun. A sunhat, sunglasses, bandana, and waterproof sunscreen should always be close at hand. Sunglasses should be of good quality and protect your eyes from UV rays.**

**NOTE:** You are undertaking an adventure vacation in Central America and will be kayaking and camping in remote wilderness regions. Rain and storms may be encountered at any time of the year and sand flies may be intense on the Cayes. During your trip the planned itinerary should be flexible to accommodate adverse weather or any other circumstances frequently encountered when traveling outside of North America.

## WEATHER IN THE TROPICS



The climate of Belize is sub-tropical. Temperatures range from 20 to 40 degrees Celsius (70 - 105 F) during the day. Although we are traveling during the dry season, there can be the infrequent "Northerly" which blows down from the Gulf of Mexico bringing with it cooler temperatures and rain. These rarely last more than a few days. For those traveling at the beginning of the dry season (December), make sure that you bring a rain-jacket and hat and some warmer clothing. Our traveling philosophy is "all weather is good weather" - since we can't do anything to change it. Trip schedules may need to be adjusted to compensate for inclement weather. Typically, the temperatures range from 20 to 40 C (70 to 105 F) with high humidity during the day, dropping at night to 20 to 27 C (70 to 80) F. From December to May conditions are usually clear, sunny and warm however, December is generally cooler and moister than the rest of the dry season.

## INSECTS

Yes, they do exist! Weather, wind conditions, and proximity to the previous rainy season affect the concentrations of biting insects found on both the Cayes and the mainland. While camping on the Cayes you may need to take precautions against the sand fly, also known as "no-see-ums". These flies are jumpers and are found in the sand, being most persistent in the early morning and evening, especially when the wind is calm. They leave small red itchy bites. The itching can be effectively alleviated with



Calamine Lotion or After-Bite lotion. The most common areas affected are your feet and ankles. Lightweight long pants and socks and a light long sleeve shirt will help in times of no wind. If you are extremely susceptible to bugs you should consider a bug-shirt and/or pants which are available at outdoor stores. This clothing is designed to allow maximum ventilation while protecting against bugs. Tents should have no-see-um netting and should be left closed to ensure a bug-free sleep.

## GARBAGE ON THE CAYES

Unfortunately, garbage (especially plastics) is found throughout the world's coastal regions. Belize is no exception. Weather, wind and currents can all cause excessive build-up of garbage to occur along the beaches and in the mangroves. The sad part is that much of this garbage is from offshore and not from mainland Belize. **Please make sure that you leave no garbage behind while on tour. Pack it in, pack it out!** And if you have the space, collect a bag full of garbage and bring it in with you. Let's keep Belize beautiful!

## SUPPLIES & LOGISTICS

Purchasing supplies in Belize is possible as long as you are willing to be innovative with the materials you find. We strongly recommend purchasing any camping or specialty gear at home before you arrive in Belize. Basic hardware supplies are available and local gas stations carry kerosene and diesel fuel. More and more people are choosing to dehydrate their own food nowadays and this can be a healthy and convenient menu option.

### Glover's Reef Getaway and Kayak Rental Combinations

You will be departing for Glover's Atoll at 10am on Sunday morning. You will need to have all of your personal gear and food organized and ready to transport before you depart by boat to Glover's Reef. Also, make sure you leave enough time on Saturday to purchase, pack, and organize your gear and food. To facilitate this we recommend you arrive into Belize on the Friday. Once you have your gear packed you will leave it at our Operations Base in a secure storage area and it will be delivered to a pre-determined spot along the Southern Barrier Reef for the start of your kayak rental portion of the trip on Tuesday afternoon. **Please note** you cannot bring out your camp and food supplies for the kayak rental portion of the trip on the boat to Glover's Reef and you will not be returning to Dangriga or the mainland prior to starting the kayak rental. At the end of your trip we are assuming you are planning to paddle back into Dangriga. Be aware this can involve open sea paddling of approximately 7 hours. Please remember if you need to arrange a boat charter back in to Dangriga it is best to do this when you make your reservation or before you head out to the Cayes. Boat charter costs varies from \$200-300 USD depending on the location you need to be picked up from.



## FOOD

Belize has an amazing variety of different foods. Because of its ties to the Commonwealth and established trade routes imported foods are available. North American and European snack foods can also be found, but if you have one thing from home that you must have it is best to arrive into the country already supplied. It is best to stock up on basic dry foods in Dangriga where you can readily find rice, beans, flour, biscuits, and breads. Oranges and other citrus fruits are quite inexpensive and readily available as are a variety of tropical fruits and vegetables. The local open air market in Dangriga is open Monday to Saturday each week and this is the best place to pick-up any fresh supplies. For those doing the *Glover's Reef Getaway and Kayak Rental* we can provide you with a Fresh Fruit and Vegetable order form on arrival into Dangriga so that you can have these fresh food items delivered with your gear to the offshore Cayes.

For those people heading out to the Barrier Reef we recommend arriving at least the day before your rental

(remember most stores in Dangriga are closed on Sundays) to stock-up on supplies in Dangriga. At this point you can also speak with one of our staff about your paddling routes. There are a limited number of "camper friendly" Cayes and areas for replenishing water supplies, which are best discussed when you arrive in Belize. If you have any other questions about trip planning please contact our office 1-800-667-1630 for additional details.

## **WATER**

When paddling in the tropics hydration is your primary concern. Because of very limited supply of potable drinking water on the Cayes it is essential you have an ample water supply to keep you hydrated for the duration of your trip. We do ask that you bring your own water bags or containers. One 2 gallon water bag per person is provided with a rental package.

While most of mainland Belize's water is potable, water on the Cayes is of unknown origin and therefore suspect. We recommend that any water you are unsure of be treated with some kind of water purification system. The treatment we use is called Pristine ([www.pristine.ca](http://www.pristine.ca)) which is a chlorite based system and can be found at most outdoor travel outfitters. Water purification options are readily available in North America so plan to bring this along with you.

## **COMMUNICATIONS**

Our operations base in Dangriga monitors a Marine VHF radio and if you bring your own VHF marine band radio you may be able to communicate with our Dangriga base while on the Cayes. Contact our office 1-800-667-1630 for more details. Confirm with the office in Dangriga as to what Marine channel they currently monitor. Channels 68, 72, 74 are also commonly monitored by other resorts and local fisherman. The International Emergency channel is 16 and is monitored by most pleasure crafts and fisherman, but cannot be solely relied upon.



Cellular phones are also available for rent at the Belize City International Airport from Belize Telecommunications Limited (BTL). In fair weather cell phone coverage ranges from 7-8 miles offshore. Radio and cell phone communications can be found at: Tobacco Caye, Southwater Caye, and Coco Plum Caye.

**\*NOTE:** there is no VHF channel broadcasting weather conditions in Belize. It is important that you check weather conditions BEFORE you depart for the reef. A traditional AM/FM radio may be able to pick up local broadcasts containing weather reports.

## **BELIZE MARINE CHARTS**

For the most accurate information regarding the Belize Barrier Reef and atolls, we recommend the British Admiralty series of marine charts. For paddling on the Southern Barrier Reef, as well as in and around Dangriga, you should obtain the following chart:

### **British Admiralty Chart #1797 - Monkey River to Colson Point**

It may be found in your area or you can contact Triton Holdings in Vancouver, BC and they can send it to you in advance.

Triton Holdings Inc.  
3440 Bridgeway Street, Vancouver, BC V5K 1B6  
Tel: (604) 294-4444  
Fax: (604) 294-5879  
E-mail: [info@tritonmarine.com](mailto:info@tritonmarine.com)  
Website: [www.tritonmarine.com](http://www.tritonmarine.com)

# ACCOMMODATIONS

## HOTELS

Hotel stays may be needed before or after your kayak trip in either Dangriga or Belize City. Below are some suggestions we recommend. They are chosen for their location and good value:



### DANGRIGA:

**Pal's Guesthouse:** 868 A Magoon Street, Dangriga Town, Stann Creek, Belize  
Tel: 011-501-522-2365 Fax: 011-501-522-2095  
Email: palbze@btl.net Website: www.palsbelize.com

Convenient on-the-beach location (next to our Dangriga office), near the center of town, and just under a 5 minute walk from the bus terminal. Pal's offers clean, quiet, comfortable, and relaxing accommodations at competitive and affordable prices. \$46—\$54 US for single or double.

### BELIZE CITY:

**Belize Biltmore Hotel:** 3-1/2 miles Northern Highway, Belize City, Belize, Central America  
Tel: 011-501-223-2302 Fax: 011-501-223-2301  
Email: biltmore@btl.net Website: www.belizebiltmore.com

A clean, comfortable, and moderately priced hotel outside the city center. Newly renovated with central courtyard and a swimming pool. \$134 US for single or double.

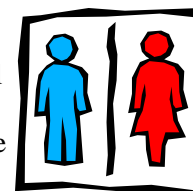
## TROPICAL CAMPING



On reef trips you will likely be camping on islands of varying size and character. Often the islands have coconut trees and white coral sands, other times a large part of the island may be covered with mangroves. To ensure a good night's sleep a quality sleeping pad (Thermarest or equivalent) will help smooth out uneven terrain. A pillow can be made from a jacket/sweater stuffed into a pillowcase. A small length of nylon cord (15-20 ft) makes an excellent clothesline to dry out your wet gear and air out bedding. A lightweight sleeping bag or blanket and sheet will be more comfortable than a bulky sleeping bag as well as being easier to pack into a kayak. Please remember that most Cayes have some sort of ownership and that you must ask someone prior to camping. Most owners will ask for a small contribution for camping fees, please enquire at our office for details.

## WASHING AND TOILET FACILITIES WHEN CAMPING

Due to the nature and remoteness of most kayaking trips along the Barrier Reef you will have to rely on the sea for washing. Salt-water soap, available at most outdoor and marine stores in North America, works as both a body soap and shampoo. We also have found that a clean wash cloth and a good freshwater rubdown works to keep the saltwater residue down. Toilets vary from camp to camp from already existing outhouses located over the water to none at all.



# PADDLING IN THE TROPICS

## SEA KAYAKING IN THE TROPICS



Kayaking trips in the tropics differ from northern climates in that much of the exploration is under the water amongst the coral reefs. A typical day would include paddling from one camp to another with 1-2 stops along the way for snorkeling. The protection of the Barrier Reef and shallow inshore waters provide one of the best places in the world for sea kayaking. Some of the main concerns while on the water are protection from sun (both above and reflected off the water), dehydration, and the effects of salt. Protection from the sun and dehydration are easily managed by wearing a wide brimmed hat, using a good waterproof sunscreen, SPF 15-35, (and please, to avoid harming marine life, it is recommended you apply sunscreen at least 20 minutes before going in the water so the oils are less likely to come off in the water), wearing light-colored clothing, and of course, drinking plenty of fluids. As for salt, the high salinity of the Caribbean Sea can dry your skin and cause blisters on hands (paddling) and feet (snorkeling). Skin lotion or moisturizer for your skin, gloves to protect your hands (cotton garden gloves or cycle gloves work very well), and socks for your feet while snorkeling are recommended.

## SNORKELING IN THE TROPICS



For many the highlight of their trip is the time spent exploring the wonders of the underwater world. This does not require great levels of skill or expensive equipment to accomplish. Among many of the coral areas to explore, the water is shallow enough to stand. To ensure the reefs are protected for future generations it is important to avoid damaging the coral by not touching, standing on, or dropping anchor on coral. As a living organism many corals rely on nematocysts to sting their prey. These same nematocysts can sting humans ranging from mild to strong in intensity. Care should be taken to identify and avoid species of stinging coral. A marine guide book is a valuable resource while sea kayaking the reef. If you get cold easily a lightweight wetsuit or a spandex/lycra dive suit, to keep from getting cold when spending extended time in the water, is recommended. Polypropylene or capilene long underwear works as well. In addition this method also protects against sunburn and reduces the need for full body application of sunscreen in the water, as residues sunscreens are known to harm corals.

## PURCHASING SNORKEL EQUIPMENT

Knowing how to snorkel and what to watch for are all well and good, but inadequate equipment can spoil the best of conditions. Therefore, it is highly recommended you purchase equipment that fits comfortably. Borrowing a friend's gear is okay for fins and snorkel but a mask must conform to the individual's face to ensure a watertight seal. Nothing is more frustrating for snorkelers than water leaking into their mask. When shopping for a mask check for the following:

- ❑ A smooth seal around the mask. Both rubber and silicone work well. Check that the material is not cracked, brittle, or stiff, all signs of an old mask.
- ❑ Press mask to face and inhale through your nose. **DO NOT PUT THE STRAP AROUND YOUR HEAD** but leave it off in front of the mask. If the mask seals it will stay on your face even if you tilt your head down. Check that no hair gets between the mask and your face to break the seal.
- ❑ Make sure the front of the mask does not press against the bridge of your nose. This will get worse the deeper you dive. Vaseline around the edge of the mask helps for a better seal for men with beards or moustaches.



- ❑ Make sure the snorkel fits comfortably in your mouth. With fins, a snug fit is best. Complete foot fins rather than those with a heel strap are preferred. Leave enough room for socks if you wish.
- ❑ Above all else, try the mask in water (pool, bathtub, etc.) before you arrive in Belize. A good dive shop will gladly exchange an ill-fitting mask for one with a better fit.

**Note: Snorkeling equipment is NOT readily available in Belize**

## REEF ETTIQUETTE

**Snorkeling:** While out snorkeling it is very important that you not touch any of the corals, whether alive or dead. Although it may seem harmless, oils from our hands can effect living tissue on both soft and hard corals. Also, there are many species of corals which are dangerous and can sting or burn when touched, so please do NOT touch the coral. Also, please avoid touching the sandy bottom with your fins while snorkeling in areas where there are live corals. The sand and sediment kicked up from your fins will damage the corals. If you need to stop or rest or adjust your mask while snorkeling please turn over on your back and keep a horizontal position in the water.

**Walking on the Barrier Reef:** While out paddling and snorkeling, please do NOT walk on the Barrier Reef. Although it appears the Barrier Reef is made of dead coral, the truth is there are many invertebrates and smaller creatures living among the rubble zone and walking on it can either damage or kill some of these creatures. It is forbidden to walk on the reef anywhere in Belize. Please respect the corals!

## PACKING FOR YOUR TRIP

### PACKING . . . FOR A SEA KAYAK TRIP

The objective of packing for a sea kayak trip is to have all equipment in small, narrow, waterproof bags. **THE SMALLER YOUR BAGS THE EASIER YOU WILL FIND IT TO PACK YOUR BOAT.** With this in mind it is best to keep your personal gear to a minimum. All your clothing and personal gear should fit into your dry bags with the exception of perhaps your sleeping pad and sleeping bag/blanket. You may want to consider bringing a small 5 liter waterproof bag to put items in that you want close at hand while on the water.



### Glover's Getaway & Kayak Rental packages

Please remember you need to have your gear and food packed and ready to go before you leave on the boat to Glover's Reef Atoll. Don't forget you may need to bring additional storage bags to leave this gear in while you are out at Glover's. This gear will then be transported out to the Southern Barrier Reef for you on Tuesday and you will be dropped off on the way back in from Glover's Reef on Tuesday afternoon.

**It is advisable to bring an additional set of clean clothes for your trip back home. You can leave your extra baggage and clothes at our base in Dangriga. PLEASE NOTE: while every precaution is taken and our Operations Base storage facility is locked and secured at all times, we still cannot take any responsibility for people's personal property.**

### PACKING . . . GENERAL

With heightened security and busy airports it pays to pack wisely to make your airport visits run smoothly. For a complete list of important packing tips please visit [www.tsatraveltips.us](http://www.tsatraveltips.us). Also, make sure everything you have is labeled, don't put any metal objects in your carry-on baggage, or wear metal jewelry, clothing, etc., and have all your luggage unlocked for inspection. If you have any special dietary needs contact your airline 24 hours prior to departure. You should arrive at the airport 2 hours in advance for your international flight to Belize.

# SUGGESTED EXPEDITION EQUIPMENT

NOTE: this is to be used as general packing guideline - other equipment may be needed.

**(BASED UPON A 1 WEEK KAYAKING TRIP)**

## TO DO LIST

- check passport expiry date (be sure that passport expiry date is at least three weeks after scheduled return)
- reserve and pay for international flights
- reserve and pay for hotels \*(if overnight en route to or from Belize i.e. Miami, Houston, LA)
- required inoculations up-to-date
- receive air tickets and double check flight itinerary
- make two photocopies of passport—one to carry with you and one to leave with family/friends
- confirm rendezvous with IEC

## Personal Equipment List

- passport
- photocopy of passport
- air tickets
- personal spending and emergency funds – including departure taxes - \$39.25US from Belize
- 1 extra set of clothes for flight home
- 1 pair sturdy rubber sandals, hard bottom aquasocks, or old canvas shoes
- 2 pairs lightweight, fast drying long pants
- underwear
- 3 - 4 pairs of socks
- 2 pairs 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 wide brimmed sunhat (to keep the sun off your face and neck)
- 1 good quality rain jacket
- 3-20 liter waterproof bags/person for each rental kayak
- 1 nylon sleeping bag size stuff sac (don't need if you already have one with your sleeping bag)
- mask, fins, snorkel **\*IMPORTANT\***
- capilene or polypropylene long underwear (great for snorkeling) - keeps you warm even when wet and gives protection from sun.
- 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
- headlamp with spare batteries
- 1 liter water bottle
- 1 towel (i.e. camp towel or thin beach towel )
- personal toiletries
- personal medication and prescriptions
- sunscreen (non-Paba-based, SPF 15 - 35) - waterproof for kayak trips eg. Ombrelle
- Caladryl / After-Bite / Benadryl Cream, or lotion to ease itching from bug bites

### **Camp Gear**

- lightweight camping tent
- extra duffel and/or storage bags to pack your food and gear in for transport out to Cayes
- cooking gear: camp stove, pots, plates, cups, cooking & eating utensils, knife, spices
- sleeping pad (thermarest, air mattress, or closed cell foam )
- light weight blanket & cotton sheet or a light weight sleeping bag (preferably not down). 55F (12C) at worst, upper 60's and 70's (20-25C) more often.
- First Aid Kit: i.e.. Band-Aids, aspirin/Tylenol, scissors, tweezers, safety pins, etc.
- Camp-Suds (soap that will foam in salt water) - try a marine or outdoor store - Ivory dish soap also works well.
- marine charts or map that shows the positions of the Cayes. This is important!
- insect repellent (20 - 100% Deet)
- water bags
- compass
- tarp & rope/bungee cords
- lighter(s), waterproof matches

### **OPTIONAL**

- camera equipment and waterproof disposable camera
- binoculars
- 2 candles or Candle Lantern (available at outdoor stores)
- clothesline and pegs
- 1 pair light cotton gloves/bike gloves (for protection from the sun/blisters when paddling)
- small day-pack
- fishing rod & tackle (optional)

# TRIP CONDITIONING



If you are concerned about your strength and physical conditioning the following exercises are recommended. It is good to begin exercises a minimum of two weeks before your scheduled departure. To facilitate paddling, the following is a list of exercises for wrist, arm and upper body strength.

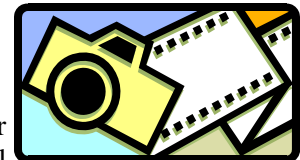
- ❑ Sit-ups: 5 to 20 per session - 1-3 times daily
- ❑ Push-ups: (min. of 10 per session - 1-3 times per day)
- ❑ Wrist-curls: 2-3 per session - 1-3 times per day. To perform: take a 2 ft. long rounded baton (a stick, dowel or cut-off broom handle will do), attach a length of sturdy rope (measuring 2-3 ft.) in the middle of the baton, to this tie a light weight bag filled with sand or a rock (approx. 2lbs) to the end of the rope. Grasp baton with both hands on either side of rope, straight out from your body, and wind the weight up and down, turning the baton alternately in one hand and the other, until the rope is wound around the baton and then unwound
- ❑ To improve your snorkeling ability, some time at a swimming pool is encouraged. Practice swimming, not only lengths but also legs-only. Furthermore, it is important to try out your snorkeling equipment in the pool to ensure comfort if you have not used the equipment before.

# PHOTOGRAPHY

There are no limits to the types of cameras you can bring along. **Please note your camera gear must be waterproofed for any boat rides out to the Cayes.**

## FOR THE SERIOUS

DSLR cameras with a wide angle (24 mm, 28 mm) and zoom (28-70 mm) or telephoto lenses (35-80 mm, 70-210 mm) are good combinations. A "universal lens" 28-150 mm zoom with macro is very useful. A wide-angle coverage flash is very useful for filling in shadows and reducing high light contrast. For wildlife photographers, a 300 mm or longer lens is needed. Because of the nature of our travel, a waterproof system such as the "Pelican" case to keep your camera dry is highly recommended. For kayak and river trips, this plastic hard-shell box can be mounted on the deck of your sea kayak or in your river boat and will give the best protection from the elements, as well as allow you quick access to your camera. Bring along a few silica gel packs to absorb moisture within your camera box. Waterproof cameras are especially suitable for reef and river trips. It is advisable to have your camera equipment insured.



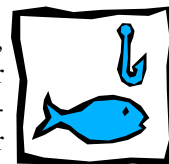
## POINT & SHOOT DIGITAL CAMERAS

Bring enough memory storage cards and extra batteries as you will not be able to charge your batteries while out on the islands. We can charge batteries when we stay at lodges or hotels. It is important to keep these cameras in an air and water tight storage container. The salt air and sea water will penetrate the housing and affect its performance. For kayak trips, a separate waterproof box or bag is highly recommended.

**NOTE: Camera equipment and other electronics should be waterproofed for all boat transfers and while in the kayaks. Hard cases such as Pelican Brand Cases are the best, but a small dry bags with some kind of padding can also work well.**

## FISHING

Opportunities for fishing on the sea are exceptional. Barracuda, grouper, jacks, snapper, mackerel and tarpon are some of the more prized fish we catch with spin-casting gear or simple bait-trolling rigs. Fly-fishing for bonefish (catch and release only, please!) is unmatched for light tackle challenge and excitement. If you are planning on fly-fishing for bonefish, tarpon, permit, snook etc. you should talk to your local fly-fishing shop to find out the specific tackle needed and where you can get it in your area. On the trip, there are usually a few extra "tow lines" (100 yds of 30 to 50 lb test on a stick with wire leader) available for trolling from your kayak or the motor skiff.



It is crucial that you have light-weight and fast-drying clothes to protect you from the sun. Much of the time while fishing (particularly when fly-fishing) you will be wading or walking the reef flats. On the flats the sun, heat and glare can be intense. A comfortable sunhat and good sunglasses (polarized lenses work best for being able to see through the reflection off the water) are necessary. A pair of light, cotton, fingerless gloves work well to protect the back of your hands from the sun and allow minimal interference with working the reel. For footwear, rubber sport sandals, an old pair of canvas runners or neoprene reef walkers are perfect.

## FISHING REGULATIONS

**\*NOTE: Inside the Glover's Reef Marine Reserve all fishing is catch and release only. The Reserve boundary is not far from our island Basecamp and guides will lead fishing trips outside of park boundaries where we can catch and keep our catch.**

### **South Water Caye Marine Reserve – Fishing Regulations and General Information:**

There are 3 designated zones for fishing within the park boundary:

**Zone 1: GZ - General Use Zone:** Fishing is permitted with a license. Sport fishing. Recreational fishing for tourists to be consumed there. No spear fishing.

**Zone 2: CZ - Conservation Zone:** Kayaking and snorkeling in this area is ok, but no fishing permitted.

**Zone 3: PZ - Preservation Zone:** No boats, kayaks, snorkeling or fishing allowed.

### **Fishing Terms:**

Recreational fishing: Fishing for enjoyment with the intention to eat the caught fish but not for selling.

Sports fishing: Catch and release fishing

### **Websites with additional information:**

Site: <http://www.swcmr.org/>

Map: [http://www.swcmr.org/download/download.php?file=swcmr\\_zoning\\_map.jpg](http://www.swcmr.org/download/download.php?file=swcmr_zoning_map.jpg)

Buy Fishing License Online: <http://www.coastalzonebelize.org/>

# TACKLE

The type of tackle that you bring with you will depend on what type of fish you want to catch and how serious you are about fishing. They say in Belize that you don't go "fishing", you go "catching". Popular wisdom states if you put your line into Belizean waters you will catch something! With many hundreds of miles of unspoiled fishing grounds, Belize is a superb sport-fishing destination. In Belize, bonefish, tarpon, barracuda, jacks and king mackerel are plentiful. Permit are also a prime catch but can be very difficult to find.



If you are bringing your own equipment the following list of items may be useful:

- Small spin-casting rod and reel (6-12 lb test)
- 100 yds of 20-50lb test fishing line for hand-line fishing
- 5-10 wire leaders
- A small assortment of single hooks and a very large hook for trolling bait
- Silver/pink/green trolling and casting spoons, large Rapalas, or Tomic plug.
- A variety of weights
- Thick gloves to use for handling fish.

# FLYFISHING

Although most kayak adventures are not designed as exclusive sport-fishing trips, you will be traveling through some of the richest bonefish and tarpon waters in the western hemisphere. Often the best fishing is done right from where you are camping, particularly if there are accessible sand flats, mangroves or abrupt drop-offs. When paddling or sailing your kayak you can troll a weight forward or sinking line. This is a good way to catch barracuda, grouper or snapper. You never know - you may even hook into a tarpon!

For bonefish you want to have a 7, 8 or 9 weight rod, nine foot or slightly longer depending on the size of the fish and the flies you are using. A 5 or 6 weight stream fishing rod will do for smaller bonefish and can be great fun but you will wish you had heavier gear if you hook into a 3 or 4 pound fish. Effective bonefish flies are Crazy Charlies #4, #6, #8 in gold, tan & pink. Horror's # 4, 6, 8 in orange, and Snapping Shrimp # 4, 6 in tan. A heavier tippet of 10-12 lb will hold up well in the shallow coral & rubble strewn waters. The heavier rod weights will work for jacks, and barracuda as well. If you plan to fish for tarpon we suggest 10, 11 or 12 weight rods.

Apart from matching the right reel to the type of fish you are going after, the most important thing is a reel that can handle the harsh saltwater conditions. You need to be religious about washing your reel in freshwater each day, particularly if you are using the reel you bought for trout fishing at home. Many of the fish you will hook are fast and unbelievably strong, therefore, your reel should hold a minimum of 150 yards of backing, and 20 to 30 pounds test or more for tarpon. A weight-forward, tapered floating line is good for bonefish, you will want a sinking line as well for tarpon. If you are serious about your fly-fishing you should bring an extra line with you. Nine to twelve foot leaders are fine, heavier and shorter leaders are easier to fish within the difficult, windy conditions that are often encountered on the Belize reef. 2X & 4X for calm conditions in shallow waters and 1X, 0X, or 02X are also okay.

# RECOMMENDED READING LIST



## GENERAL

- Belize, The Awakening Land, National Geographic, January 1972.  
Adventure in Belize, Robert P. Stroughan, A.S. Barnes, 1975.  
**The Baymen's Legacy: A History of Belize City, Byron Foster, Cubola Productions, 1987.\***  
Incidents of Travel in Central America: Chiapas, and Yucatan, J.L. Stephens, Dover Pub. Inc., 1969.  
Belize: A Natural Destination, Richard Mahler  
**Rough Guide to Belize, Peter Eltringham\***

## MAYAN CULTURE

- The Ancient Maya, S. Morley and G. Brainerd, Stanford Univ. Press, 1983.  
The Maya, Michael Coe, Thomas and Hudson, 1987.  
The Mayan Factor, Jose Arguelles, Beer and Co.  
**Time Among the Maya, Ronald Wright, Penguin, 1990.\***  
Maya: Treasures of an Ancient Civilization, Abrams, 1985  
The Blood of Kings, Linda Schele and Mary Anne Miller, Braziller, 1986  
Maya History and Religion, E. Thompson, Univ. of Oklahoma Press, 1954

## MAYAN ARCHAEOLOGY

- Maya Ruins In Central America, W. Ferguson and J. Royce, Univ. of Mexico Press, 1984  
Warlord and Maize Men: A Guide to the Maya Sites of Belize, Association for Belizean Archaeology, Cubola Productions, 1989

## NATURAL HISTORY

- Fishwatchers Guide to West Atlantic Coral Reefs, Charles Chaplin, Harrowood Books  
Coral Reef Fishes of Aruba, Bonaire and Curacao, Dr. W.I. Nagelkerken, 1980  
**A Field Guide to Birds of Mexico, R. Peterson and E. Chalef, Houghton-Mifflin, 1973\***  
Birds of North America, National Geographic Publications  
Jaguar, Alan Rabinowitz, Arbour House, New York, 1986

## FLORA AND FAUNA

- Tropical Nature: Life and Death in the Rainforests of Central and South America, Adrian Forsyth, Scribner, New York, 1984\***  
**A Neotropical Companion: An Introduction to the Animals, Plants and Ecosystems of the New World Tropics, John Kricher, Princeton Univ. Press\***  
In the Rainforest, Catherine Caulfield,  
Useful Plants of Neo-tropical Origins, Heinz Brucher, Springer-Verlag, 1989  
Central American Jungles, Don Moser, Time Life Books, 1975  
The Botany of Mangroves, PB Tomlinson, Cambridge Univ. Press, 1985

## POLITICS & ECONOMICS

- Belize: A Country Guide, Tom Barry, The Interhemispheric Resource Center, 1989  
Belize: A New Nation in Central America, Nigel Bolland, Westview Press, 1986

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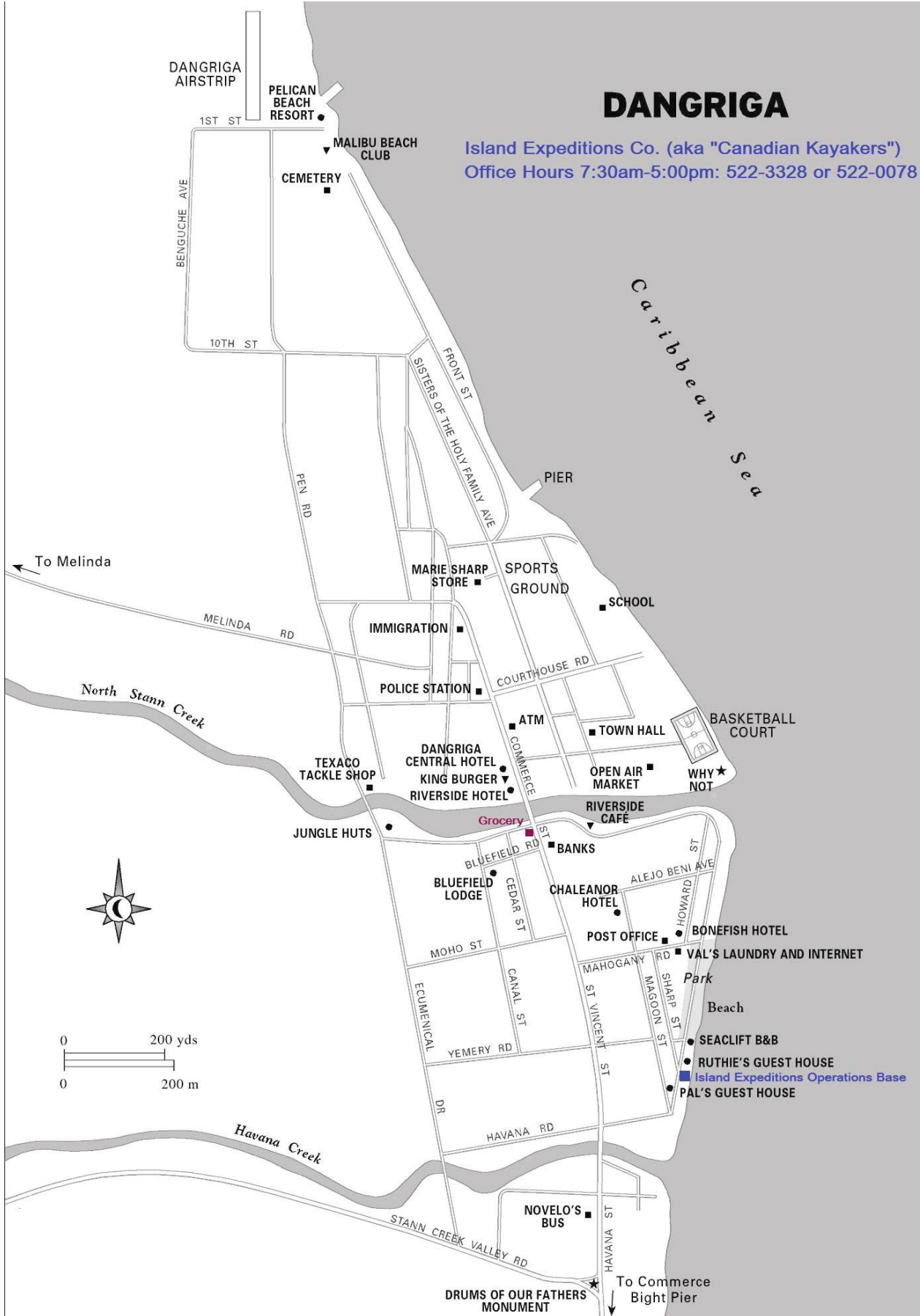
- Spirit Possession in the Garifuna Community of Belize, Byron Foster, Cubola Productions, 1986  
Women and the Ancestors: Black Carib Kinship and Ritual, Virginia Kerns, Univ. of Illinois Press, 1983  
**Beka Lamb, Zee Egell, Heinemann, 1982\***  
On Heroes, Lizards and Passion, Zoila Ellis, Cubola Productions, 1989

## KAYAKING

- Sea Kayaking, John Dowd, Douglas and MacIntyre, 1981  
Fundamentals of Kayak Navigation, David Burch, Pacific Search Press, 1987

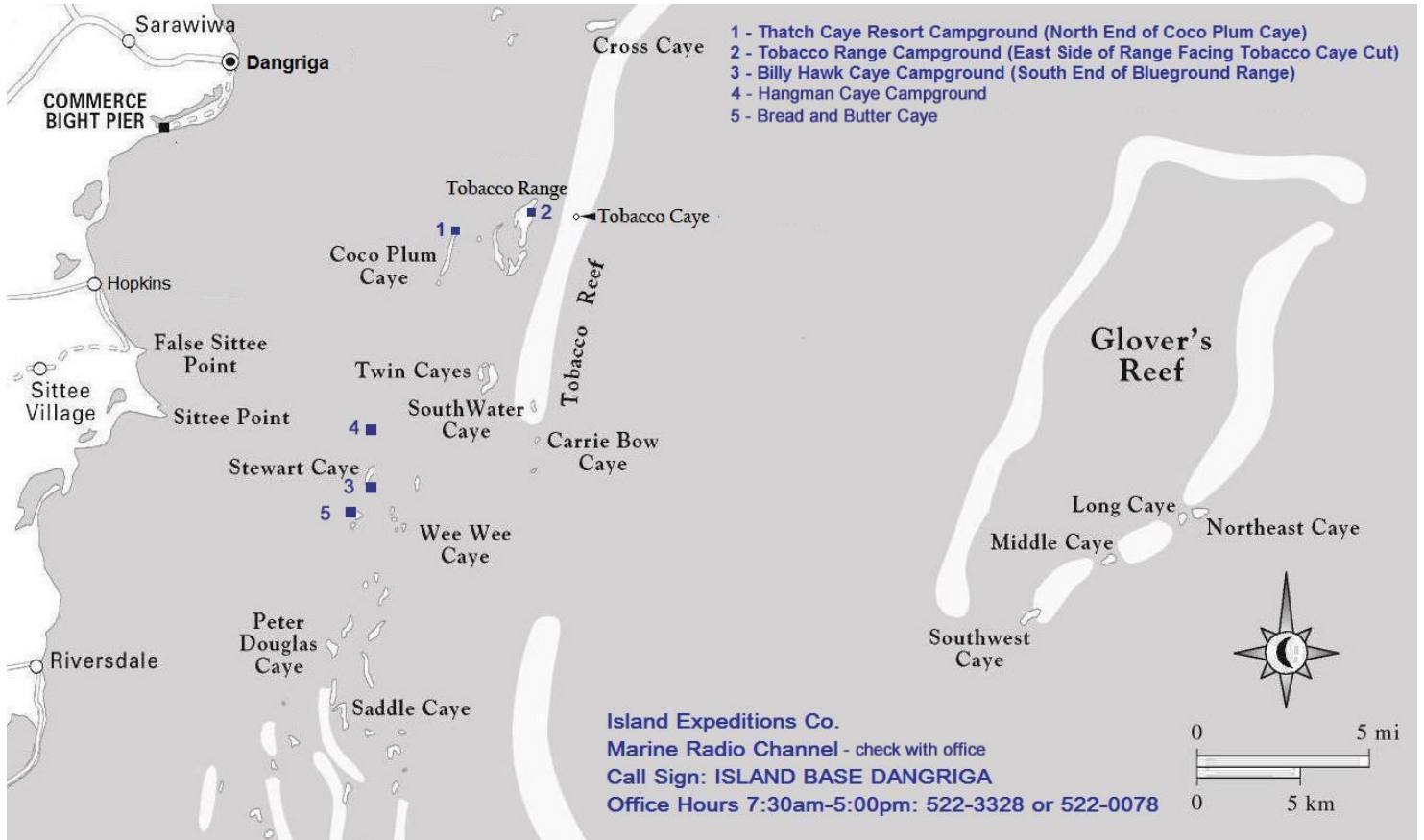
# DANGRIGA

Island Expeditions Co. (aka "Canadian Kayakers")  
Office Hours 7:30am-5:00pm: 522-3328 or 522-0078





## CENTRAL BELIZE BARRIER REEF



Above is a basic map of the central barrier reef. Five of the established camps are indicated on this map, but there are other options. Please contact our Canadian office, or review your route plan with the operations manager in Belize once you have arrived.

### Mark these camp site on your marine chart as well:

- Thatch Caye Resort Campground (North end of Coco Plum Caye)
- Tobacco Range Campground (East side of range facing Tobacco Caye Cut)
- Billy Hawk Caye (South end of Blue Ground Range)
- Bread & Butter Caye (Southern-most island in the Blue Ground Range)
- Hangman Caye (North-Eastern-most island in the Blue Ground Range)

### Way Points:

- Thatch Caye Resort Campground (N16 53.482 W88 06.960)
- Tobacco Range Campground (N16 53.990 W88 04.865)