



WILD SOUTH ESSENTIAL INFORMATION PACKAGE

IMPORTANT - This must be read
Revised September 6, 2012

To help you prepare for your Belize vacation we have compiled the following information. Once you have read this pre-trip guide any remaining questions you may have regarding your trip can be answered by calling 1-800-666-1630 or by emailing info@islandexpeditions.com

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BELIZE ESSENTIAL INFORMATION

Please take your time to read through this Essential Information Package. This is your guide to travel planning, full of helpful information to ensure you are properly prepared for your trip to Belize with Island Expeditions Co.

GENERAL ARRIVAL NOTES

All IEC trips begin with a 'Day 0'. This means that you will need to be at the rendezvous point the day before your trip is scheduled to start. For example, when the brochure trip date is Dec 28, you need to arrive into Belize on Dec 27. Our trips are structured so that a four day trip is four days in the field and the Day 0 is really meant for international travel and connecting with us once you arrive in Belize. We also feel that if you have the time, it is a good idea to arrive in Belize one day before the Day 0, particularly if your international flight connections are tight or you are departing from a region where it is likely that bad weather will cause flight delays. If you are traveling in Belize independently before your trip, be sure to co-ordinate alternative rendezvous arrangements with our office prior to your departure.

For your Wild South Trip our Day 0 rendezvous is at our Operations office in the town of Dangriga arriving no later than 2pm on this day. There are numerous daily flights from the Belize International Airport direct to Dangriga that are inexpensive. Please contact our office if you would like assistance with transport to Dangriga.

To ensure that your flight schedules correspond with the departure date of your trip, it is best to plan your flight itinerary with our office. Please ensure that you or your travel agent fax us a copy of your proposed flight itinerary before you pay for it.

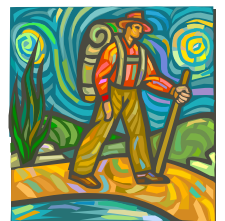
Changes in airport and Immigration security can make processes unpredictable so it is important you stay current with these issues in your originating region.

DEPARTURE NOTES

On the last day of the trip we drive to Dangriga and then connect with a charter flight to bring us to the Belize Municipal Airport where a driver will be waiting to take you to the Biltmore Plaza, 2 1/2 miles north of Belize City where the trip finishes. This is a great point to make extra arrangements to travel further on in Belize or to return to the International Airport the following morning, which is just a 15 minute cab ride away. These arrangements can be made with the front desk of the hotel, please make sure that you ask the front desk what the fixed rate is to the airport. We always recommend checking with your fellow travelers to see if you can share a ride to the airport as the fare is usually the same for 1-4 people. For those trip participants that will be traveling to other parts of Belize, Belize City is the transportation hub of the country. You can get to anywhere in the country from here.

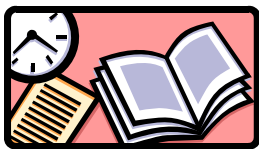
INDEPENDENT TRAVEL NOTES

Many people combine the Wild South trip with one of our reef-based trips. However, if you are travelling independently we can recommend places for you to stay and help you make reservations. We suggest that you search the internet, visit a library or travel bookstore, read up on places in Belize that are of interest to you, and then call us with any questions. A recommended reading list is included at the end of this document to help. Please understand that we are more than happy to assist with your travel plans that are separate from your trip with IEC, but cannot be deemed responsible for any services not actually provided by Island Expeditions Co.



TRIP PREPARATIONS

PASSPORTS AND VISAS VERY IMPORTANT



A current passport is required for Canadian, American, and British citizens for travel in both Belize and Guatemala. For citizens of other countries you must contact your embassy or consulate for entry requirements. We suggest 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

On all IEC trips, **we require you to obtain a short-term traveler's insurance policy** to ensure that you are covered for medical expenses in case of illness or accident while traveling. This policy should cover all medical and emergency evacuation expenses while in Belize. We also highly recommend you purchase a trip cancellation policy to cover the costs of your international flight and tour with Island Expeditions in the event you have to cancel your trip due to personal or family illness. Your insurance should be purchased within a week of your flight payment and trip deposit.

There are many places where you can purchase your insurance. We have researched a variety of options and feel that overall Travel Guard provides the best service at competitive rates. You can find their information on our website www.islandexpeditions.com/insurance.html or call Travel Guard International toll-free at 1-800-826-4919 and quote company code 116235 for their profile of Island Expeditions to appear.

MEDICAL GUIDELINES

Please remember that you are responsible for consulting a medical professional prior to trip departure regarding your health considerations. Also, if you experience any unusual symptoms after returning home from your trip please call our office and let us know what's happening as we may have information that will be helpful to you.



Though not rigorous, IEC trips can be physically challenging. As such, a thorough medical examination is advised. A medical questionnaire is enclosed and must be completed prior to your trip departure. **If you have a medical condition for which you are taking medications then a doctor's signature may be required.** 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 an option. 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.

PERSONAL MONEY, SPENDING, AND EXTRAS

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



The amount of personal spending money you bring will largely depend on your own needs. The opportunity to purchase souvenirs, extra alcohol, a cold drink, or a wayside snack does exist. You may have an opportunity to purchase village made crafts and having small denomination US bills will enable you to participate. We recommend you bring a combination of US cash (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 \$100 - 200 US above and beyond what you expect to spend on incidentals will help with any additional charges that may occur due to late arrival, missed connections, lost luggage, and other circumstances beyond yours or our control. Visa, MasterCard, and American Express are taken in some establishments in major centers such as Belize City, but a 5% service charge to use them may apply. Cash advances can usually be made on Visa and MasterCard at local banks or bank machines. Also, drawing money from an ATM should not be depended on as part of your budget plan, but they can be used if emergency funds are needed. Bank machines are becoming more and more frequent in the cities and towns of Belize.

A Government of Belize departure tax of \$39.50US 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 \$5BZE for each domestic flight. For those exiting Belize overland there is a departure tax of approximately \$20US applicable to tourists 12 years and older at all land borders and this fee is not included in the trip cost.

GUIDELINES FOR TIPPING

Tipping guides (especially for great service and going-the-extra-mile) is a worldwide tradition in the adventure travel industry. We feel a tipping budget totaling between \$5 to \$10 per traveler per guide per day is a good range to consider.

On your Wild South trip you will have a North American leader who is with you from the afternoon of Day 0 of your trip through to Day 4. Once you arrive in the coastal town of Dangriga you will meet your Trip Leader and Mayan guides, who will lead you through the Moho River in the deep South of Belize.

Generally, the North American leader will help you figure out when you will be leaving guides on certain segments of the trip, and this is your opportunity to distribute tips if you wish. Typically, the opportunity to tip your North American leader is at the end of the trip when you board the flight in Dangriga, en-route to Belize City for your final night's accommodation. If you have any further questions regarding tipping please feel free to contact our office prior to your departure.

GIFT GIVING & DONATIONS

On your trip you will be visiting remote Mayan villages. Bringing a few gifts to distribute is a nice gesture and greatly appreciated by the families. Backpacks for school, shoes (smaller sizes), cleats, soccer balls, laptop computers, pens and pencils, pencil holders, exercise books, and reading books are practical and always needed items. It's fine to bring second-hand as long as it is in good condition. Please note that the gifts are given directly to the village leader for fair and equitable distribution through the community.

We also help the remote Mayan communities by sponsoring school tuition and supplies so village children are able to attend school. If you might be interested in participating you will find a donation tin set-up at the village market—your guides will be able to direct you in this.

GENERAL NOTES ON ADVENTURE TRAVEL IN BELIZE

Traveling along the reefs of Belize by sea kayak and down rainforest rivers are exciting events and the experiences and insights gained are unique. It is important to remember that when traveling in self-propelled craft, our day-by-day life is determined by the weather and the water conditions we encounter on each trip.

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 to protect your eyes from UV rays and a safety band (e.g. croakies) is also recommended to prevent them from being lost.

NOTE: You are undertaking an adventure vacation in *Central America* and will be traveling in remote regions. Rain and storms may be encountered at any time of the year. During your trip, the itinerary may need to be adjusted to accommodate special guest arrangements because of late transportation, adverse weather, or any other circumstance frequently encountered when traveling outside of North America. **Trip leaders are authorized to change or cancel any activity for safety reasons.**

YOUR GUIDES

The guides on your trip will help to facilitate all aspects of your experience. Please let them know if you have any special needs or issues that require attention and they will do their best to accommodate you. Also, be sure to take a moment to make them aware of your kayaking and snorkeling skill level. If you are an experienced kayaker who is looking for more of a challenge rather than beginner activities, you will need to communicate this to your guides so that they are aware of your expectations. The same is also true if you are feeling anxious because of inexperience – let them know and they will do all they can to assist you.

ELECTRICITY, INTERNET, & CELL PHONES

Belize has the same 110V electrical current and two prong sockets as North America - there is no need for an adapter. There is wireless internet access available in the Belize BZE airport. Free WIFI is always available at the IE operation base in Dangriga. Your first night's accommodation (Lodge at Big Falls) has both electricity and paid internet access. Once you are on the river there is no electricity so there will be no opportunities to recharge batteries while camping. There is pay wireless internet access at the Belize Biltmore Plaza hotel (free if you are staying there). There are two pay PC stations and a printer at the Biltmore Plaza for internet access, boarding pass printouts, etc. There is cell and digital service on the mainland and some locations on the islands and this will work with most foreign phones. However, this is very expensive and should not be counted on.



WEATHER IN THE TROPICS

The climate of Belize is sub-tropical. Temperatures range from 20 to 40 degrees Celsius (70 - 105 F) with high humidity during the day, dropping at night to 20 to 27 C (70 to 80 F). 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, 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. Inland conditions can change quickly with afternoon thunderstorms and heavy rainfall common in some parts of the country. 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. The most effective form of precautions are clothing to cover up and a good deet-based repellent. Lightweight long pants, socks, and a long sleeve shirt will help if the bugs are out. Quick-dry fabrics work very well in these instances. For insect repellent you should look for something with 20%+ deet content for optimal protection. *Deep Woods* or *Ben's Insect Repellent* are both good options. The more natural citronella repellents are not as effective. Coconut oil can also be applied to the feet and ankles for protection against sandflies. If you are extremely susceptible to bugs you should consider a bug-shirt and/or pants (we have jackets available in Belize; please contact our office ahead of your departure to arrange one for your trip) which are available at outdoor stores. This clothing is designed to allow maximum ventilation while protecting against bugs. The tent accommodations are fitted with "no-see-um netting" and should be left closed to ensure a bug-free sleep.

MEALS & ACCOMMODATIONS

MEALS



Meal preparation is one of our specialties. You can expect a delicious assortment of poultry, seafood, fresh vegetables, tropical fruits, and fresh baked breads. On the river portions of your adventure both Belizean and international cuisine is prepared by your guides. On lodge nights we enjoy specially prepared meals from the in-house restaurants. While visiting the small Mayan villages in the far south we have simple fare, but are welcomed into local homes and are exposed to the Mayan style of cooking and preparing food from a bygone era. Please note that in Central America meal service at restaurants can be slow. An extra store of patience is always helpful and a supply of your favorite snacks comes in handy at these times. If you have any special dietary requirements please tell us in advance so that we can do our best to accommodate your needs.

If you would like to purchase alcoholic beverages for your trip then it is best to purchase wine at the duty-free shop in the Belize airport (you will see this shop as soon as you clear Customs). Belizean local beer and rum are excellent and your driver will be happy to make a stop for you to purchase some, as well as extra snacks, if requested.

DRINKING WATER

The water system in mainland Belize towns/cities is normally potable and safe to drink. Out on the reef and on the river, we purify our own water. We take care of this for you, so bring along an empty water bottle and we'll keep it filled!

HOTELS AND LODGES

We choose hotels and lodges that are situated within or close to the most spectacular natural settings in Belize and also reflect the character and ambiance of Belize. Hotels and lodges in Belize are usually rustic by North American standards and are often quaint in character. Your comfort, enjoyment, and security are our first regard when choosing lodges and hotels. Accommodations vary from en-suite bathrooms and hot running water to our more remote lodging where running hot water and en-suite bathrooms are a rarity. Lodging is based on shared accommodation - two to a room. If you are traveling alone we will do our best to put you in with someone compatible. Single rooms can often be arranged in some circumstances, but we must know of this at the time of booking your trip. Please contact our office for details.

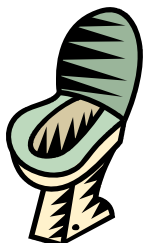
Note: From time to time, because of unforeseen circumstances, hotels or lodges listed on your itinerary may need to be changed. These changes will be made at the trip leader's discretion and may be done without prior notice.

TROPICAL CAMPING

For the 3 nights on the river trip we will be staying in traditional freestanding high-quality tents manufactured by Sierra Designs. All group equipment is provided for the camping portion of the trip and the meals are full catered. We provide sleeping pads (thermarests) for your use but ask that you bring your own bedding as per the packing list.

WASHING AND TOILET FACILITIES WHILE CAMPING

We use hand sanitizer for washing hands around camp and ask that you bring environmentally friendly soap for washing along the river. A small mirror is also helpful for contact lenses and shaving. While in the jungle we use pit toilets which are created by our Mayan Guides. Constructed of bush-wood and vine, the "seats" created are quite functional and comfortable and fit within the tenets of minimal impact camping.



PACKING FOR YOUR TRIP

When traveling to Belize it is best to travel with one larger check-in bag and one carry-on bag. We recommend a medium duffle bag and a medium day pack as a carry on. These bags are easy to move around, can be toted easily fit in boats, small planes, and van/bus roof racks. Backpacks can work too; do try to avoid large suitcases. While on tour with Island Expeditions, our staff will instruct you on how to prepare for travel between locations and we will provide storage for extra bags in our Dangriga office when necessary. Most airlines have reduced the weight maximums for each bag to 50 pounds. Be sure to check with your airline for weight restrictions and carry-on allowances. When packing your carry-on try to include what you would need to be comfortable in Belize your first few days in case your checked baggage is misrouted by the airline.

It is recommended you have one small waterproof bag for your documents, camera, etc., that you can carry in the cockpit of your kayak and have handy on motorboat trips. It is especially important that electronic equipment such as digital cameras, video cameras, etc are fully waterproofed, especially while on the river.

EXTRA LUGGAGE: It's a good idea to leave one bag at our Operations Base in Dangriga with a change of clothes and other items you will not need with you while on the river. We will help you with this process and provide storage at the office. Ensure that your name is clearly marked on your bag and that you do not leave any passports, money, or other valuables in your bag - these items should travel with you.

PLEASE NOTE: We cannot be deemed responsible for peoples' personal property while travelling. There are a variety of luggage and personal property insurance policies available to purchase.

GENERAL

As a general rule, don't bring more than you can carry. This will help ensure smooth and efficient transfer in airports, customs, hotels, and loading vans. Please follow the Personal Equipment List as closely as possible. When traveling in Belize, luggage is placed on the roof rack of our vehicle. Soft luggage is preferred over hard-cased luggage. This allows for easier transport onto roof racks or into stowage compartments on boats. Try to keep your gear in one main bag, preferably a backpack or duffle bag. Also, carry a daypack to keep things handy that you will need during each day.

CARRY-ON LUGGAGE

With heightened security and busy airports it pays to pack wisely to make your airport travel run smoothly. For a complete list of important packing tips please visit 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. Recent changes to carry-on luggage restrictions may disallow carrying any liquids on the plane with you - check your airport authority for the most recent updates. If you purchase any duty-free liquids previous to your trip into Belize, please check them into your main luggage or you will have to surrender them to the airport authority. When packing your carry-on try to include what you would need to be comfortable in Belize your first few days in case your checked baggage is misrouted by the airline.



Also, If you have any special dietary needs contact your airline 48 hours or more prior to departure.

Plan to arrive at least 2 hours in advance for your international flight to Belize.

WILD SOUTH EQUIPMENT & PACKING LIST

TO DO LIST

Check passport expiry date (be sure that your passport expiry date is at least six months 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

Submit completed **Medical, Travel, and Waiver** form 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

Check your required inoculations are 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

1 extra set of clothes for flight home

Pair of good walking shoes to wear in the evening around camp

1 pair water-sports sandals - Teva is a good brand.

1 or 2 pair lightweight, quick-dry, long pants

Underwear

3 - 4 pairs of socks

2 pair quick-dry shorts and/or loose skirt or sarong

1 bathing suit

2 t-shirts

Light-weight sleeping bag or a cotton sleep sheet and light weight fleece blanket

Nylon stuff sac

1 long sleeved shirt preferably with a collar (for protection from the sun & bugs). Silk shirts work well and dry quickly.

1 fleece jacket (this will keep you warm even when wet)

1 good quality rain jacket

Sleeping Linens

While you are in the jungle you will need to have your own sleeping linens. Don't forget:

☞ Light-weight sleeping bag or a cotton sheet and light weight fleece blanket

☞ Nylon stuff sac

Transfers

Separating some of your gear into reef and river components will be helpful. Any extra gear can be stored at our base in Dangriga. Our drivers will facilitate any transfer of items and ensure that any gear you switch is moved appropriately. Large dry bags will be provided while out on the river. Plastic bags and Zip-locks are great for extra water-proofing.

Expedition Trips

Generally in the field you should have at least two sets of clothing: one wet for the river and one dry for the evening. Also, a sturdy pair of sport sandals or water shoes is very important.

1 wide brimmed sunhat (to keep the sun off your face and neck)
Sunglasses with band (Chums, Croakies, etc.)
1-2 bandanas (handy for sun protection)
Spare set of eyeglasses (even if you wear contact lenses) and contact lens solution
Headlamp and spare batteries
10 lt dry bag to waterproof personal documents, camera etc.
Capilene or polypropylene wicking top
1 liter water bottle
1 small towel (either a small camp towel or thin beach towel)
1 washcloth - choose a thin small cloth
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 15-5, bio-degradeable if possible), waterproof for kayak trips -
eg. Ombrelle (sold in Canada only)
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)
2 to 3 garbage bags - serves as extra waterproofing and keeps wet gear separate from dry
earplugs

OPTIONAL (nice to have with you, but you may not need)

Camera equipment and film/waterproof throw-away camera
Binoculars
Bug jacket
Handy Wipe - moist tissues for hands and face
Toilet paper for emergency travels
2 candles *Candle lantern ,good reading book, log book, and pen
Favorite liquors and/or personal coffee for extreme coffee drinkers (i.e. special blends)
Clothesline and pegs
Small day-pack (can be handy on any of our trips)
Mesh bag for carrying snorkel gear
Foot powder
Items to give as gifts (see page 6 for suggestions)
Ear plugs
Waterproof watch

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.

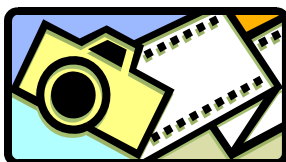
- ❑ Sit-ups: 5 to 20 per session - 1-3 times daily
- ❑ Push-ups: (min. of 10 per session - 1-3 times per day)
- ❑ Wrist-curls: 2-3 per session - 1-3 times per day. To perform: take a 2 ft. long rounded baton (a stick, dowel or cut-off broom handle will do), attach a length of sturdy rope (measuring 2-3 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

Batteries can be recharged while out at our Basecamps during select times of day. We can charge batteries when we stay at lodges or hotels. We will not be able to recharge batteries while on the river. It is important to keep these cameras in an air and water-tight storage container. Otherwise 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 bag with some kind of padding can also work well.

RECOMMENDED READING LIST



General

Diving & Snorkeling Belize: 4th Edition, Tim Rock, Lonely Planet

Guatemala Belize Map, Rough Guides, ROUGH GUIDES

Adapter Kit: Belize: A Traveler's Tools for Living Like a Local, Lan Sluder, Avalon Travel Publishing

Insight Guide Belize Huw Hennessy

Belize: Reefs, Rainforests, and Mayan Ruins Dick Lutz.

Politics & Culture

Belize in Focus: A Guide to the People, Politics and Culture, Ian Peedle, Interlink Publishing

The Making of Belize: Globalization in the Margins, Anne Sutherland, Greenwood Publishing Group, Incorporated

Timber, Tourists & Temples: Conservation & Development in the Maya Forest of Belize, Richard B. Primack, Island Press

Maya Culture

The Ancient Maya: New Perspectives, Heather McKillop.

Belize: A Concise History, P.B.A Thomson.

Time Among the Maya: Travels in Belize, Guatemala, and Mexico, Ronald Wright

-The Popol Vuh: The Mythic and Heroic Sagas of the Kiches of Central America, Lewis Spence & Paul Tice.

-Popol Vuh: A Sacred Book of the Maya, Victor Montejo, Luis Garay & David Unger.

Archeology & History of Belize

In the Realm of Nachan Kan: Postclassic Maya Archaeology at Laguna De On, Belize. Marilyn A Masson, University Press Of Colorado

An Archaeological Guide to Northern Central America: Belize, Guatemala, Honduras, & El Salvador, Joyce Kelly, University of Oklahoma Press

Kayaking

Basic Essentials: Sit-on-Top Kayaking, Shelley Johnson, The Globe Pequot Press

Sea Kayaking: A Manual for Long-Distance Touring, John Dowd

The Complete Book of Sea Kayaking, Derek C. Hutchinson, A & C Black

Paddling with Kids: AMC Essential Handbook for Fun and Safe Paddling, Bruce Lessels & Karen Bloom, The Globe Pequot.

Flora & Fauna

Orchids Of Guatemala And Belize, Oakes Ames, Dover Publications, Incorporated

A Field Guide to the Amphibians and Reptiles of the Maya World: The Lowlands of Mexico, Northern Guatemala, and Belize, Julian C. Lee-
Cornell University Press April 2000

A Neotropical Companion: An Introduction to the Animals, Plants, and Ecosystems of the New World Tropics, 2nd Edition, John Kricher

An Introduction to the Animals, Plants, & Ecosystems of the New World Tropics, John Kricher.

Neotropical Rainforest Mammals. A Field Guide, Second Edition, Louise H. Emmons.

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