

PACKING LIST – BELIZE: BEACHES, JUNGLES & RUINS

Don't bother buying fancy new gear for your trip. Comfortable clothes and used gear are best for saltwater kayaking. Light colored clothing is also preferable to keep you cooler in the sun.

FOOTWEAR:

- 1 pair Teva/Chaco sandals, river shoes, or dive booties for loading and unloading kayaks in water
- 1 pair comfortable walking shoes for ruins and foot protection on island
- 3-4 pairs of lightweight wool or synthetic equivalent socks such as Smartwool, Thorlo, or Darn Tough (neoprene socks are too thick for inside the fins)

CLOTHING

- 1-2 pair of comfortable supplex/nylon lightweight pants for hiking - zip-offs work well
- 1-2 pairs of shorts (quick drying nylon is recommended)
- 1-2 loose skirts or sundress - great for the island
- 4 lightweight synthetic (or very lightweight merino wool) T-shirts
- 1-2 lightweight long-sleeved shirts (a surfing shirt, called a "rash guard" is great for snorkeling and kayaking; a button up long sleeve shirt with collar is great for protection from sun and bugs)
- Long synthetic underwear or nylon leggings to prevent burn while snorkeling
- 1 lightweight fleece jacket, sweatshirt, or other warm layer
- 1 lightweight rain jacket with hood - Water resistant rainwear is **not** recommended (**see Notes**)
- Underwear / nightwear
- 1 wide-brimmed hat for sun and rain (a string tied to the hat will keep the wind from blowing it away)
- 1-2 bathing suits (nylon shorts and a running bra also work as swimwear)
- 1-2 changes of comfortable clothes to wear at end of day

TOILETRIES (small everything)

- Biodegradable soap and shampoo, toothbrush, paste, dental floss, hand sanitizer, lotion, contact lens paraphernalia, sanitary supplies
- Personal first aid/patch kit - Band-Aids, 1 safety pin, moleskin, compeed (or blister bandages), ibuprofen, Benadryl, foot powder, seasick medication (if tendency to motion sickness), any personal medications

Please note: Individuals who have had or have the potential for a severe allergic reaction to insect stings, specific foods or medications must bring an epi-pen. Please consult your physician and tell your guide.

ESSENTIALS

- Passport** and photocopy of passport
- Insect repellent (20-100% DEET)
- Headlamp or flashlight and extra batteries
- Ear plugs (for a good night's sleep!)
- Small day or fanny pack for day use (for carrying camera, sunscreen, bug spray, money, etc.)
- Buff (for keeping hair out of mask so it doesn't leak, and for covering neck/face when kayaking)
- Sunglasses - 100% UV protection w/ retention strap (**see Notes**)
- 1 to 2 garbage bags - serves as extra waterproofing protection and keeps wet gear separate
- 1 towel (**not** provided on island)
- 1 one-quart water bottle
- Sunscreen and lip protection (**see Notes**)
- Travel snacks (no chocolate - it melts)

OPTIONAL PERSONAL GEAR (if you want it, bring it – personal preference and not required for the trip)

- Binoculars
- Watch - water resistant
- Extra sunglasses
- Wet bath wipes (for camping)
- Camera - memory card, extra battery (**see Notes**)
- Rain pants
- Snorkeling gear (if you have your own mask, we recommend bringing it, fins will be provided by the outfitter)
- Flip flops for on the island (kayaking sandals stay wet)
- Gloves for paddling - (bike gloves work well)
- Book, notebook, journal, pencil/pen
- Swim goggles for exercise
- Powdered hydrating drink mix (Gatorade, lemonade, etc.)
- Sarong

NOTES ON PACKING

Adventures in Good Company's packing list includes items to help you be prepared for the various activities and conditions. It is not personalized, so please add the items that you require to travel safely and comfortably but remember – less is better! You may not use everything you bring; however, you need to come prepared for all possible weather. At the same time, you must be able to carry your own luggage, sometimes up and downstairs. Bringing a duffel bag or soft-sided suitcase with wheels, rather than a hard-sided suitcase, is easier for packing into the vans that will be transporting our luggage. **As space for luggage on our trips is limited, please do not overpack!**

CLOTHING: The Caribbean is typically warm and dry, but when it rains, it can rain for several days. Bring clothing that can get wet (synthetics are best). Clothing will get salt stains, do not bring new clothing.

BIODEGRADABLE SUNSCREEN: One of the most harmful things to the natural underwater environment is sunscreens, oils, and sun-block worn by people. While swimming, these oils come off and settle on the coral reefs and other marine life, and in volume can act like an oil slick in water, creating damage to the delicate ecosystems. The reefs are suffocated, and sunscreens are one of the biggest causes of bleaching to our reefs, and the death of much of the world's coral.

Biodegradable sunblock is environmentally friendly sunscreen that lacks the harmful ingredients that are destroying the world's coral reefs. These sunscreens are biodegradable, meaning they break down naturally in the environment, and eco-friendly, meaning that they minimize damage to the environment. We strongly encourage using only biodegradable sunscreen anytime you are going to be in the water. If it doesn't say it is on the package, then it isn't. None of the major brands (Coppertone, Banana Boat, No-Ad) are biodegradable. A helpful article on the subject can be found here: <https://www.hawaii.com/blog/reef-safe-sunscreen/>

Raw Element and/or Badger are both reef safe and available at Amazon or REI. Not all sunscreens work well for all people. If you have a sunscreen that you know works well for you, bring that also for times that you are not snorkeling.

RAIN GEAR: Typically, we recommend rubberized rain gear for sea kayaking trips, since they are warm, work best in steady downpours, and their effectiveness is not diminished by saltwater. Since this trip is in the Caribbean, we are recommending a jacket made of waterproof/breathable fabric or coated nylon. This layer will most likely be worn more often as a wind-proof layer than a rainproof layer on this trip, so having it be breathable is a good addition. Coated nylon is not very breathable, but it is lightweight, waterproof, and can be relatively inexpensive. Gore-Tex (and other brand-identified waterproof materials) is a great material but can be quite expensive. **If you have any questions about raingear, please call us.**

BRINGING YOUR CAMERA ON A SEA KAYAKING TRIP: Ocean water is highly corrosive to camera equipment. To protect your camera from the salt, pack it in a waterproof sports bag. Many outdoor retailers and most camera shops have inflatable bags that are waterproof, float, and cushion your camera against bumps. Phoenix, Basic Designs, and manufacturers of whitewater equipment make inflatable camera bags.

SUNGLASSES: In addition to strongly recommending 100% UV resistant sunglasses to protect your eyes, we also recommend Polarized lenses to reduce glare on the water. This allows you to see into the water from the kayak, thus seeing rays and nurse sharks and fishies.