



## Belize “What to Pack” List

Here is the list of Essential Items you should plan on taking with you on your Thomson Belize Adventure. Should you need to purchase any of them for your upcoming trip, simply print this page and use it as a reference as you browse, click, and shop your way through the “Belize” Shop by Destination category in the Thomson Family Gear Shop. You’ll find everything you need in our “easy-to-use, one-stop shop.”

### Luggage

- \* Waterproof daypack/backpack for carrying items you will need during the day
- \* Duffel bag or soft-sided suitcase
- \* TSA-approved locks for luggage

### Clothing

- \* Bathing suit
- \* Fleece or light jacket
- \* Jeans
- \* Lightweight long pants (convertible pants are great, as they can double as shorts)
- \* Long-sleeved shirts for evening warmth and sun protection
- \* Shorts/river shorts (quick-dry Lycra is best)
- \* Skirt, dress or nice pair of slacks for evenings
- \* Sleepwear
- \* Socks
- \* T-shirts or other short sleeved shirts
- \* Underwear
- \* Bras or sports bras
- \* Wide-brimmed hat
- \* Waterproof windbreaker or poncho

### Essentials

- \* Assortment of stuff sacks, plastic bags, and zip-lock bags for keeping gear clean, dry, and sorted
- \* Flashlight or headlamp, with extra batteries
- \* For eyeglass wearers: eyeglass straps, spare eyeglasses and spare prescription sunglasses
- \* Hand sanitizer
- \* Insect repellent
- \* Money belt or neck pouch
- \* Sunblock for skin and lips
- \* Sunglasses with retainer straps
- \* Toilet kit (toothbrush and toothpaste, shampoo and conditioner, moisturizing lotion, small packets of tissue,

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- shaving gear, tampons, panty liners, etc.)
- \* Travel documents (e.g. passport, airline tickets, money)
- \* Copies of travel documents
- \* Water bottle

### Footwear

- \* Beach shoes (Tevas, Keens, or similar water shoes for wet landings)
- \* Comfortable, sturdy walking or hiking shoes. Sneakers are OK for most activities if you don't need strong ankle support.
- \* Flat, slip-on sandals
- \* A pair of closed-toed shoes that can get wet (for river cave tubing)

### Personal First Aid Kit

- \* Alcohol wipes
- \* Antacids (such as Alka-Seltzer or Gelusil)
- \* Antibiotic ointment (such as Neosporin or Bacitracin)
- \* Antibiotic for gastrointestinal infections. (See your physician.)
- \* Anti-diarrheal (such as Pepto Bismol and/or Imodium)
- \* Anti-itch medication (such as Calamine lotion or hydrocortisone cream)
- \* Aspirin, acetaminophen, ibuprofen, or other pain killer
- \* Adhesive bandages or Band-Aids
- \* Benadryl
- \* Cold and flu remedies (such as Dayquil/Nyquil or Robitussin)
- \* Mild laxative or dried fruit
- \* Moleskin or other materials to alleviate blisters
- \* Motion sickness medication if you are susceptible, such as Dramamine, Bonine or Antivert. (Some of the roads in Belize are winding and can cause motion sickness.)
- \* Prescription medications (bring an ample supply in their original containers, to be kept in your carry-on).
- \* Scissors, tweezers, needle
- \* Topical antiseptics (such as Betadine or povidone)

### Optional Items

- \* Binoculars (waterproof/resistant: a lightweight 8X pair is adequate and easy to hold)
- \* Deck of playing cards, other small games or activities for free time
- \* Field guides and reading material
- \* Notebook and pen
- \* Photo gear:
  - Camera
  - Battery charger and adapter/converter if you are using a



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- digital camera
- Extra batteries if you are using a film camera
- Extra film and/or memory cards
- Lens cleaner and paper
- Zip-lock or other protective bag to keep your equipment safe from the elements
- Waterproof camera for rafting and kayaking excursions
- \* Pocketknife (in your checked luggage)
- \* Sewing kit (needle, thread, spare buttons, safety pins) in your checked luggage
- \* Snacks – the food is varied and plentiful enough for most appetites, but you may miss your favorite delicacies from home. Feel free to bring trail mix, granola bars, dried fruit, herbal tea and the like if you have room.
- \* Travel watch or travel alarm clock

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