

Belize 2019 Suggested Packing List

- ☐ Bug Spray!!!
- ☐ Bug Bite Remedy (If you use essential oils, equal parts lemon, lavender, and peppermint worked amazingly last time we were there)
- ☐ Sun Screen
- ☐ Passport
- ☐ Spending money (\$100 cash should be plenty, I suggest having a few smaller bills to buy souvenirs from local merchants who often don't "seem" to have change)
- ☐ Required Medications
- ☐ Just in case medications (i.e. stomach remedies, we didn't have issues with this last time, but you just never know)
- ☐ At least 5-6 days worth of clothes (They will do laundry for us while we are there)
 - ☐ Shorts are suggested as it will be HOT!!
 - ☐ Maybe at least one pair of pants
 - ☐ Shirts
 - ☐ Undergarments
 - ☐ Light jacket just in case
- ☐ Paint clothes
- ☐ Work gloves
- ☐ Tennis shoes or work boots
- ☐ Flip flops or sandals
- ☐ Toiletries
- ☐ Cooling rag
(https://www.amazon.com/gp/product/B011509LZQ/ref=oh_aui_search_detailpage?ie=UTF8&psc=1)
- ☐ Snacks (We didn't get a lot of fruits or vegetables last time so I suggest a few things of applesauce or dried fruit or something along those lines)
- ☐ Refillable water bottle
- ☐ Swimming Suit
- ☐ Swimming Towel
- ☐ Snorkel Gear if you have it, if not you can rent it
- ☐ Sunglasses