

ITEMS YOU WILL WANT FOR BELIZE

1. Think in terms of “fives”. You will need five sets of clothes for working in the schools, and then you take them to laundry. Think about the hot weather and do not bring anything with heavy fabric, tight, or lined. Think thin and loose.

Elementary: Your supervising teachers will be wearing either burgundy or yellow blouses/dress shirts (short sleeve) and khaki or dark green (knee-length) skirts, Capri's, or pants. You should dress accordingly—solid color top and skirt/Capri/pant.

High School: Your supervising teachers will be wearing white polo or dress shirts and white or khaki pants/Capri's/skirts. You should dress accordingly.

2. You will want shirts and shorts to change into when you get back to the hotel at the end of the day. Again, think in terms of “fives”.

3. You will want 2 swim suits.

4. You will want a few sundresses or casual shirts/shorts for dinners/events out at night.

5. For excursions, you will want some shorts/pants (zip apart) with side pockets, cargo-style. You can put your valuables in the pockets if you have to leave your backpack behind.

6. If you want to zip line, you might want to have longer shorts. You wear a harness that causes your shorts to ride way up. Another option is to wear lycra, cycling-style shorts under your shorts but that is hot.

7. You want some throw-away clothes for some of our excursions (shorts and long pants) and service projects (painting, etc.). Bring a pair of sneakers that you could throw away if you cannot get them clean.

8. Light jacket/sweat shirt/sweater for warmth (rare) and rain protection.

9. Umbrella for rain and sun. You might also want a hat that protects you from the sun for excursions.

10. Sunscreen-lots! for face, body, and lips.

11. Comfortable shoes. We will all walk 1.25-1.5 miles, each way, into town or ride a bike every day.
12. Casual wear for weekends and evenings-flip flops, shorts, swimsuits, cover-ups, tee shirts, tank tops, etc.
13. Toiletries: Although you might want regular sizes for your time in San Pedro, you will want travel sizes for our week away. Don't expect the hotel to provide you with shampoo and soap. Have some with you. You can always buy it there, however, keep in mind the import duties will cause your \$10 bottle of shampoo to cost \$20. There are some cheap alternatives, e.g. VO5 shampoo is sold for \$2 a bottle at the local grocery store.
14. Snacks-granola bars, dried fruit, things that will not melt or crush. Again, you can purchase things at the store; however, if you have a special brand, you might want to bring some with you.
15. Things you can prepare food with-travel-type items-fork, spoon, knife, bowl, plate, water-heater (coffee), etc.
16. You may want to share a hair dryer with your room mate.
17. Don't buy products at some stores—we will tell you where to shop when we get there—otherwise, you will pay a premium.
18. Bring a copy of your prescription medications, take a photo of the bottle, in case you need to get them refilled.
19. First aid items-band-aids, antibiotic crème, anti-fungal crème, anti-itch crème, antihistamines, peroxide, Cipro, sea-sick patches, Imodium—this can all be shared.
20. Laptop or tablet and a plan for a back-up. Cord to charge and a back-up.
21. Luggage: Bring two regular suit cases-one will have school supplies and your personal items, the other will have your personal items. Luggage restrictions are 50 lbs. per bag and most airlines charge at least \$25 for at least one of the bags. You will need a backpack or small bag when we travel inland. You will need to carry all your luggage at one time or another.

22. Miscellaneous:

Ziplock bags-food will attract ants, no toilet paper go in the toilets

Refillable water bottle

Flashlight and batteries

Laundry bag, clothes pins, clothes line

Bug spray-Deet

Camera, extra card, cord to download pictures, extra batteries

Disposable underwater camera or housing for your camera

Sunglasses (extras)

Travel wipes

Tissues

Hook-over door/clothesline with clothes pins

Air freshener

Beach towel

Favorite pillow

Shaving accessories

Favorite soap or body wash (can buy it there)

WHAT YOU DON'T NEED:

Laundry detergent-you can buy it there.

Curling iron, hair straightener, hair products, extreme make-up, etc.

Expensive electronic gadgets.

Food, other than the items mentioned.

Large, coffin-size suitcases that you can't carry.

Sheets, towels, cooking materials.

Any room decoration that is electric, bulky, valuable.

Highly valuable jewelry, cameras, electronics that you have alternatives.

Highly valuable clothing, shoes, handbags, accessories.

Sheer, see-through, extremely short clothing.

Cell phone.

When you leave here, the weather is cold, when you get there, it is HOT!