

Hammond School Belize Expedition Packing List

On the plane in a day pack:

1. Journal and pens
2. Reading material
3. Medications
4. Hat and sunglasses
5. Optional Camera (digital or underwater disposable)
6. Wear long pants, shirt, light weight fleece jacket, tennis shoes
7. 1 pair of shorts and t-shirt (in case of lost luggage)

Pack in backpack provided by the school:

1. Shoes: 1 pr River or Boat Sandals and 1 pr tennis/hiking shoes (that can get wet and muddy)
2. Pants: 1 pr long pants (non-cotton preferred) / 2 pair of shorts
3. Swim suit (2)
4. Socks: 2 pr light weight wool hiking socks / 2 pr athletic socks
5. Underwear: 4 pr (non-cotton preferred)
6. Shirts: 3 t-shirts / 1-2 quick dry (sports shirts) / 1 long-sleeved shirt
7. Rain jacket
8. One bed sheet (any size will do)
9. Extra hat
10. Extra sunglasses
11. Snorkeling gear
12. Suntan lotion – SPF 36 or higher sweat and water proof (2 bottles)
13. Chapstick with 36 or higher SPF (2 sticks)
14. Aloe gel for sunburn
15. Toiletries – no hair dryers!
16. Two children's books for local schools.
17. Towel
18. Flashlight

What not to bring

Do not bring any electrical appliances such as hair dryers, CD players, DVD players, iPods, etc.

Pack light!