

ADVENTURES

in good company

BEST OF BELIZE: SNORKELING, KAYAKING & CULTURE PACKING LIST

FOOTWEAR

- ❑ 1 pair **Teva/Chaco sandals**, river shoes, or dive booties for loading and unloading kayaks in water
- ❑ 1 pair of comfortable **athletic shoes** for sightseeing at the ruins and foot protection on the islands
- ❑ 3-4 pairs **hiking socks**: (wool or synthetic equivalent: Smartwool, Bridgedale, Darn Tough)
- ❑ **Water socks** for fins/swimming (optional)

EQUIPMENT/ESSENTIALS

- ❑ **Passport and a photocopy of your passport**
- ❑ 1 small **daypack** or **fanny pack** (for carrying camera, sunscreen, bug spray, money, etc)
- ❑ **Insect repellent**
- ❑ **Small headlamp or flashlight**
- ❑ 2-3 Liter water capacity (if you are bringing a **hydration system**, you may also want a **water bottle** for daily use)
- ❑ **Sunglasses** (100% UV protection) w/retention strap
- ❑ Reef-safe **sunscreen** and **lip protection**
- ❑ **Ear plugs** (for a good night's sleep!)
- ❑ 1 **towel** (not provided on island)
- ❑ 1-2 **bandannas/buffs**

CLOTHING

- ❑ 1-2 pairs comfortable, lightweight, synthetic **long or 3/4 pants** for hiking (zip offs work well)
- ❑ 1 pair of **shorts or 3/4 pants** (lightweight and quick drying)
- ❑ 1-2 loose **skirts** or sundress (great for the island)
- ❑ 4 lightweight synthetic **T-shirts**
- ❑ 1-2 lightweight **long-sleeved shirts** (a "**rash guard**" is great for snorkeling and kayaking; a **button up** long sleeve shirt is great for sun protection)
- ❑ Long synthetic underwear or **nylon leggings** (prevents burn while snorkeling)
- ❑ 1 lightweight **fleece jacket or sweater**
- ❑ 1 lightweight **rain jacket** with hood: should be a waterproof/breathable fabric like Gore-tex
- ❑ **Underwear and nightwear**
- ❑ 1 **wide brimmed hat** for protection from the sun/rain
- ❑ 1-2 **swimsuits** or quick-dry shorts and a sports bra/t-shirt
- ❑ 1-2 changes of **comfortable clothes** for casual wear (e.g. pants and/or skirt, with a couple of tops) try Toad & Co for sustainable options!

- ❑ **1-2 garbage bags** (serves as extra waterproofing protection and keeps wet gear separate)
- ❑ **White article of cotton clothing** to dye on trip (t-shirt, bandana, etc.)

TOILETRIES (SMALL EVERYTHING)

- ❑ **Toothbrush** and **toothpaste**
- ❑ **Dental floss**
- ❑ **Hand sanitizer**
- ❑ Biodegradable **shampoo & conditioner**
- ❑ **Personal items** (contact lens supplies, sanitary items, personal medications)
- ❑ **Personal first aid/patch kit:**
Band-Aids, 1 safety pin, moleskin, Compeed (or blister bandages), ibuprofen, etc.
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.

OPTIONAL

- ❑ **Camera** and film/memory card (extra batteries)
- ❑ **Rain pants**
- ❑ **Cell phone, charger**
- ❑ **Compact binoculars**
- ❑ **Wristwatch/travel alarm clock**
- ❑ **Book/Journal and pen**
- ❑ **Swim goggles**
- ❑ **Flip flops** for on the island (kayaking sandals stay wet)
- ❑ **Swimsuit cover-up**
- ❑ **Kayaking gloves** for paddling (bike gloves work well)
- ❑ Wet bath **wipes** (for camping)
- ❑ Extra **sunglasses**
- ❑ **Snorkeling gear** (if you have your own snorkel mask, we recommend bringing it, fins will be provided by the outfitter)
- ❑ **Extra snacks** (snacks will also be provided)
- ❑ **Dry bag**

ADVENTURES IN GOOD COMPANY'S packing list covers everything you need to ensure your safety and comfort. You may not use everything you bring; however, you need to come prepared for all possible weather conditions. At the same time, you must be able to carry your own luggage, sometimes up and down stairs.

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.

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 salt water. 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 rain gear, please call us.

PERSONAL FIRST AID KIT: Bring a small first aid kit with familiar medicine and first aid supplies you might need. Recommendations include the following: blister or foot remedies like moleskin, Compeed, blister bandages, a small roll of duct tape (always helpful!), and personal medications. The guides will have a first aid kit, but having what you know works well for you is a good idea.

BIODEGRADABLE SUNSCREEN: One of the most harmful things to the natural underwater environment is sunscreens, oils, and sunblock 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. 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.

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 fish.

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.

Be sure to check out the Adventures in Good Company Gear Guide—it's packed with great recommendations to help you gear up for your adventure!

Click [here](#) to view our recommendations!