

PACKING LIST

Travel light. One carry-on* and one checked bag is plenty. (You'll be carrying your own bags and must be able to walk with them.)

Mind the weather. Belize is typically very humid, and the temperature hovers around 75-85 degrees in March. Rain is not uncommon. It's best to pack clothes that are lightweight and breathable but also provide plenty of coverage for your skin to protect from mosquitos.

- Passport!!!!
- Journal, pen and Bible
- Clothing:
 - Pants and T-shirts for 4 work days at the schools and/or construction sites
 - No tank-tops or shorts
 - Recommended breathable materials like dry-fit or cargo
 - Please avoid wearing any tight-fitting styles of shirts or pants (i.e. leggings)
 - You will receive one tri-blend trip shirt from us
 - Pants/Maxi Skirts/Athletic Shorts for free time at the hotel
 - Please avoid short shorts
 - Casual maxi/floor-length skirts are great options as they help protect from mosquitos while remaining light, breathable, and comfortable
 - Accompanied with casual, comfortable t-shirts
 - Light sweater/cardigan for the evenings if it gets breezy
 - 1 Church outfit
 - Girls: maxi dress or long skirt (mid-calf length or longer) with a tucked in t-shirt work well. Avoid tank tops.
 - Swimsuit
 - Girls: Conservative one-piece or t-shirt over two-piece
 - Guys: Conservative length shorts please
 - Sleepwear
 - Travel day clothes (good for all-day travel via plane, bus, etc.)
 - Socks, underwear, etc.
 - Work shoes (such as old tennis shoes, anything that covers your whole foot. No open-toed shoes for work!)
 - Non-work shoes (i.e. flip flops at the hotel)
 - (optional) Bandanas for face/sun/dirt protection (avoid red and blue colored ones!)

- (optional) Trash bag(s) for keeping dirty clothes separate in your luggage
- Toiletries, including the following
 - Bug spray (the intense kind with maximum DEET. You'll want to use this all the time there. Garlic pills taken in advanced and during the trip can also help ward off mosquitos).
 - Pepto, Tylenol, Dramamine, Imodium AD, etc. (We will have emergency meds, but if you know you need something, bring your own!)
 - Travel "tissue" packages for dusty work sites and/or bathrooms that may lack toilet paper
 - Hand sanitizer
 - Sunglasses
 - Sunscreen!!
 - Minimum 30+SPF recommended
 - *We will be closer to the equator, and it will be much easier to burn so please bring plenty of sunscreen and reapply as needed.*
 - Aloe for sunburns (optional)
 - Electrolyte packets to add to the water in case of dehydration
- Backpack/bag
- Camera, optional
- Phone charger
- Headphones for travel, optional
- Cash for spending (however much you want to bring, in small bills)
 - Applicable for travel days and an optional snorkeling excursion
 - It is not necessary to bring any Belize dollars with you
- Credit card (recommended but not required. Make sure you call your bank before travel and tell them you will be out of the country.)
- Snacks (optional)
- Water bottle (optional, as we will provide disposable water bottles throughout the week)

Note: At the end of our week in Belize, there will be an opportunity to leave clothes as a donation to the people in the villages. It is common and appreciated to donate some of the clothes/shoes you wear throughout the week if you have no need for them back home.

Any questions? We will discuss these items further during our trip meeting.

*We will be flying Southwest. For their policies on checked luggage and carry-on items, visit this link: <https://www.southwest.com/html/customer-service/baggage/>.