

Johns Hopkins Carey Business School

Belize Leadership Development Expedition

Student Packing Guidelines



Essentials

- Current passport, international travel insurance card, and student ID card. Passports must be valid for six months **AFTER** the last day of the trip.
- Personal money for food and gifts. Belize uses the Belizian Dollar as currency but most places accept US currency. The conversion ratio is 1USD\$ = 2BZD
- **Avoid** cotton clothes. They absorb and hold water/sweat for a long time which steals body heat and is uncomfortable when wet. Stick with lightweight synthetics like polyester or nylon.
- Temperatures will reach 90° F during the days and 60° F at night.
- **Pack smart and lite!** Don't bring additional items that aren't on the list below for the kayaking and camping part of this trip. You will leave all travel clothes, technology and travel luggage at the basecamp of Island Expeditions. It will be safely locked and secured.
- If you have any questions about gear, packing or travel logistics, contact Mike Doyle or Chris Myers with questions.

Check Lists

ESSENTIAL TRAVEL ITEMS

x	Item	Details
	Passport and/or Visas	Digital and paper copies of all documents
	International Insurance Card	Student AETNA or iNext Plan
	Personal expense \$\$	For snacks, gifts, and travel emergencies. NOTE: Be sure to notify financial institutions of your international travels before departure date

CLOTHING

*Plan for 1 set of travel clothes that you will wear on flights and in cities on travel days. You will leave these clothes at basecamp while we are camping and paddling. The list below is what you will pack for the kayaking expedition. In addition to personal gear, you will also be expected to pack group gear into your boat. **Pack lightly!**

x	Item	Details	Quantity
	Short sleeve shirt	Non-cotton, quick dry	2
	Long sleeve shirt	For sun protection, bugs and cool evenings	1
	Lightweight jacket or sweater	For bugs and cool evenings to keep warm when wet (non-cotton)	1
	Shorts	Or zip-off pants	1-2
	Pants	Non-cotton, quick dry – for bugs	1
	Swim suit	Functional for swimming and snorkeling	1-2
	Socks	Non-cotton, for campsite comfort	2-3
	Light sport shoes/sandals	Lightweight, easy to pack for walking around camp	
	Underwear/sports bras	Non-cotton, synthetic is best	3-4
	Hat / Visor	For sun protection	1

PERSONAL GEAR

x	Item	Details
	Sleeping Bag	20-40 degree synthetic bag
	Headlamp	Bring extra batteries

	Towel	Camp towel, preferably packable and non-cotton
	Sturdy water shoes/sandals	Must have heel strap - Chaco, Teva, Keen (no flips)
	Comfortable dry shoes/sandals for camp	These should be light and easy to pack. You will want to keep these dry for walking around camp. (Crocs, lightweight athletic shoes)
	Water Bottles / Bladder	(2) 1-liter capacity minimum
	Sunglasses	With straps
	Sunscreen and lip balm	Biodegradable 45 SPF or stronger; lotion is better than spray
	Insect Repellent	20-40% Deet, lotion and oil is better than spray
	Toiletries, baby wipes and ziplock bags	Please use biodegradable soap/shampoo and pack travel size bottles and tubes. Optional: itch cream, foot powder, ear plugs,
	Cameras, phones, electronics	Be sure to bring waterproof cases and extra batteries for all electronics. Plan to leave what you can at basecamp.
	Journal/notepad and pen	Best to keep in a ziplock bag

See more at: [Island Expeditions Custom Trip Packing List](#)

*All kayaking and group camping gear will be provided by Island Expeditions (tents, stoves, kayaks, PFD's)

Suggested stores/retailers for outdoor clothing and gear:

www.rei.com (local stores and online) www.backcountry.com

(online only) www.sierratradingpost.com (online only)