



# Your trip to Belize is just around the corner.

Along with a healthy dose of excitement,  
here's what you'll need to bring.

## Clothing

- Comfortable hiking shoes
- Water shoes or sandals with straps (no flip-flops)
- Long sleeve shirts (for the days you're exploring the jungle)
- Long athletic pants (breathable material that's comfortable to trek in)
- Short sleeve shirts
- Shorts
- Socks and underwear
- Long sleeve rash guard (to avoid skin irritation during water activities)
- Small towel
- Swimsuit
- Light raincoat

## Money

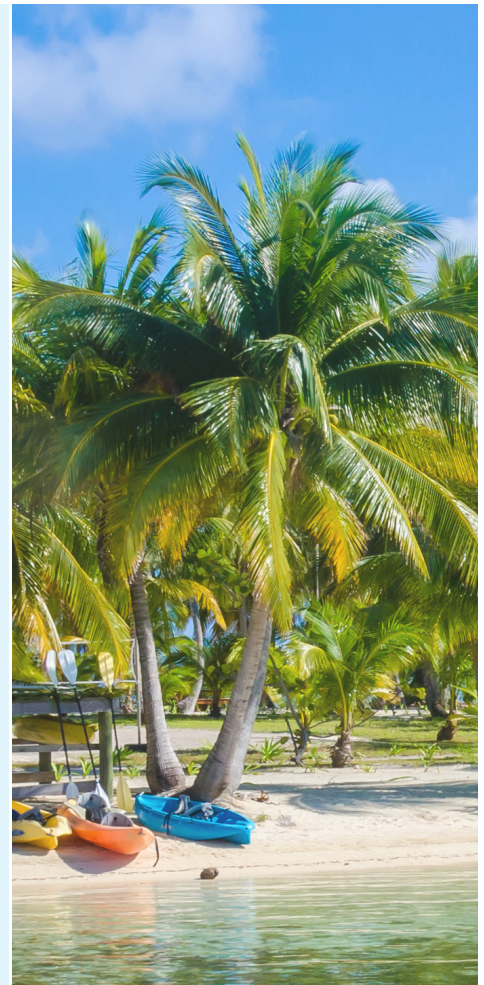
- ATM/Debit card (contact your bank prior to departure)  
*Note: ScotiaBank is the only bank that allows money withdrawal in Belize*
- U.S. dollars (money exchange is unnecessary—USD are accepted in Belize)
- Pouch for storing money and passport

## Documents

- Passport and a copy of passport
- Copy of itinerary (including hotels, flights, and EF emergency number)
- Copy of any necessary prescriptions
- Signed document from parents allowing travel to Belize

## Toiletries

- Toothbrush and toothpaste
- Shampoo
- Deodorant
- Reusable water bottle
- Reef-safe sunscreen (NOT "reef-friendly"—these sunscreens are toxic to the wildlife)
- Bug spray and mosquito bite ointment
- Bag for dirty clothes



## Travel tips:

- ✓ Pack light—you'll be responsible for loading your own luggage on and off buses (one small carry-on and your EF backpack should be enough)
- ✓ Pack valuables, medications, and an extra change of clothes in your EF backpack as a carry-on
- ✓ Many airlines now charge for additional luggage