

# Packing List

## CLOTHING & PERSONAL ITEMS

### 4-5 sets of all around clothes

*(1 set on your body and 3-4 sets in your pack. Quick-dry, lightweight backpacking-type clothes are optimal. We recommend that you do not bring more than one pair of jeans. You may bring shorts, but you should have at least one pair of pants.)*

**2 sets of work clothes** *(clothes you don't mind getting paint on and possibly clothes you plan on donating/leaving in Belize.)*

**1-2 set of nicer clothes for church**  
*(See "Dressing Sensitively" for more info on what to bring)*

**Lightweight pajamas**

**Underwear**

**Sandals or flip-flops**

**Old tennis shoes or supportive walking shoes constructions days**

**Lightweight and breathable socks**

**Modest bathing suit (1 piece)**

**Watch**

### **Construction Equipment**

**1 Paint roller & tray set**

**1 Medium paintbrush,**

**1 large paintbrush**

**Hat and Work gloves (optional)**

### **Outer Accessories or Applications**

**Christian Book**

**Deck of cards or simple table game**

**Sunglasses**

**Insect repellent**

**Sunscreen**

**Lip balm**

**1 Jar of Peanut butter and 1 Jar of Jelly**  
*(pack in Check-in luggage)*

### **Devotional and Journaling Items**

**Bible**

**Notebook and pens**

### **Weather**

You can expect weather to generally be hot and humid with an average temperature range of 70 – 90°F.

## VALUABLES & JEWELRY

Please keep to a minimum the amount of jewelry and valuables that you bring with you. We strongly recommend that you keep all money, credit cards and documentation in a safe place at all times. Your dorm room is a safe place to leave your passport throughout the week – you won't need it until you depart Belize.

## HYGIENE

**Towel**

**Toothbrush & toothpaste**

**Shampoo & conditioner**

**Body wash/soap**

**Travel Size Toilet paper**

*(Plastic bag w/ emergency paper for 2-3 sessions)*

**Hand sanitizer**

**Deodorant**

**Any other hygiene items that you find necessary**

## BANDAGES & MEDICATION

**Traveling Cipro**

*(Antibiotic for travelers' diarrhea - you can get a prescription from your doctor)*

- 6 -10 bandages for blisters & minor sores**
- 1 small bottle of preferred pain medication**

*\*\* BCI will have a well-stocked medical and emergency kit*

## **GEAR**

**Small daypack**

**1 Water bottle** *You do not need to buy a filter or special water bottle for any of the locations,*

**Travel pillow**

**Sheet set for single size air mattress**

**Blanket (optional)**

## **DRESSING SENSITIVELY**

### **CHURCH:**

Guys should wear long pants and a button up or polo shirt. Girls should wear a nice blouse and skirt.

**SCHOOL** (volunteering): Nice shirt or blouse. Khaki pants, nice jeans or skirt. Close-toed shoes (i.e. ballet flats for girls, loafers or basic brown shoes for guys)

### **OTHER GUIDELINES:**

- *Pants:* Shorts should reach the knee. Capris are okay and may substitute for long-pants on hot days. Running shorts are for sleeping or excursion day only - unless worn over long leggings. Skirts should be knee-length or longer.
- *Tops:* No tank tops, strapless or low-cut for girls. No tanks or cut-offs for guys.
- *Modest swimsuit:* Preferably a one-piece, but tankinis that completely cover the mid-section are okay.
- *Shoes:* We recommend bringing Tennis shoes, Chacos or a similar brand of hiking sandals or flip-flops

## **FINANCES & DOCUMENTATION**

**Passport**

**Original copy of immunization records**

**\$100 stored reserve cash**

**Signed Release** - *If you're under 17 you will need a signed release from both your parents giving you right to travel and come to Belize*