

Shark Conservation in Belize

Expedition Packing List

REQUIRED COVID-19 SAFETY ITEMS

The following items are required to be prepared in the event you or another person on site displays symptoms or tests positive for COVID-19:

- Multiple face masks—enough for the duration of the project (N95, FFP2, or equivalent are recommended)
- **IMPORTANT:** Multiple (3–4) COVID-19 antigen (rapid) tests
- Personal thermometer
- Hand sanitizer
- Proof of COVID-19 vaccination (if required by your destination country)
- Enough personal medications or other necessities to cover possible time in quarantine beyond your planned travel days.

GENERAL

- Expedition Logistics Document
- Your travel plans, rendezvous details, and Earthwatch's emergency contact information
- Photocopies of your passport, flight itinerary, and credit cards in case the originals are lost or stolen; the copies should be packed separately from the original documents
- Passport and/or visa (*if necessary*)
- Certification of vaccination (*if necessary*)
- Documentation for travel by minors
- USD 56.50 in cash if the departure fee is not included in your airline tickets.
- USD 60 in cash if participating in the hike through Cockscomb Basin Wildlife Sanctuary

CLOTHING/FOOTWEAR FOR FIELDWORK

- Reef shoes or sandals with straps (corals can be sharp and cut your feet)
- Closed-toe walking shoes
- Two bathing suits
- Quick-drying, lightweight shorts (two or three pairs)
- (1–2 pair) Water-friendly pants, e.g., water leggings, loose quick dry pants (if choosing clothing for sun protection rather than sunscreen)
- (2–3) Quick-drying, lightweight shirts
- (1) Lightweight, long-sleeved, quick-drying shirts to prevent sunburn.
- Rain gear (*especially for teams in June and July—non-waterproof nylon jackets will get soaked through*)
- Hat with a brim
- Neck gaiter or light scarf for sun protection

CLOTHING/FOOTWEAR FOR LEISURE

- At least one set of clothing to keep clean for the end of the expedition.
- Flip flops (optional)

FIELD SUPPLIES

- A small daypack to keep your items together and dry (dry bags are recommended if you are bringing cell phones/cameras on the boat)
- One water bottle that can hold at least one liter.
- Polarized sunglasses with a strap
- Hard case to protect sunglasses or prescription glasses on the boat.
- Alarm clock or watch
- Headlamp or flashlight or torch with extra batteries and extra bulb
- Sunscreen lotion SPF 30+ (We encourage biodegradable reef/fish-friendly products like those from [Stream2Sea](#).)
- Lip balm with SPF
- Insect repellent spray with DEET for mosquitoes and sand flies (OFF Deep Woods® or equivalent recommended)

BEDDING AND BATHING

Note: Bedding, a pillow, and a bath towel will be provided

- Pack towel
- Shower sandals
- Ear plugs (optional; it is not uncommon for dogs to bark and roosters to crow at odd hours)

PERSONAL SUPPLIES

- Personal toiletries (we recommend biodegradable or reef/fish-friendly products like those from [Stream2Sea](#).)
- Antibacterial wipes or lotion (good for cleaning hands while in the field)
- Personal first aid kit (e.g., anti-diarrhea pills, antibiotics, antiseptic, itch-relief, allergy meds, pain reliever, bandages, blister covers, etc.) and medications.
- Spending money

OPTIONAL ITEMS

- Snorkel gear: mask, snorkel, and long fins, plus extra mask and fin straps. Snorkeling is optional; please bring gear if you plan to snorkel. (Highly recommended—lots of volunteers have regretted not bringing these)
- Extra sunglasses and hat (highly recommended)
- Seasickness medications (Dramamine, Bonine, etc.) if there is ANY chance you will get sick.
- Granola bars, energy bars, or other snacks (particularly to supplement meals if you are a vegetarian or have any other special dietary requirements)
- Pack-towel or sarong
- Camera, film or memory card(s), extra camera battery
- Hardware for sharing digital photographs at the end of the expedition.
- Dry bag or plastic sealable bags (e.g., Ziploc) to protect equipment like cameras from dust, humidity, and water.
- Books, games, art supplies, etc., for free time
- Earplugs for light sleepers

Note: Bring only what you can carry and handle on your own. If traveling by air and checking your luggage, we advise you to pack an extra set of field clothing and personal essentials in your carry-on bag in case your luggage is lost or delayed.