



R2R Expedition Kit List

Item	Description/Notes
Head lamp & Spare batteries	You may find that good batteries are expensive here, so bring a few spares if you have space
Handheld torch	Optional, most people find a head lamp sufficient and most useful
Dry bag	For any valuables you want to carry, such as a camera during fieldwork. These are lightweight and will fit inside your backpack. Alternatively, you could use small zip-lock bags
Backpack	You will carry a backpack most days during fieldwork and on occasions we will camp overnight. We'd recommend a waterproof bag, between 20-30 litres (30 max).
Lightweight waterproof coat	Belize is tropical and chances are you'll get wet! It's also hot, so something thin is best and then you can layer underneath if necessary.
Walking boots	Ensure these are decent quality and comfortable for terrestrial fieldwork. There may be reasonable distances to hike, and boots will be best for this in the forest. We will provide gaitors to help protect the ankle area, and rubber boots if it's particularly muddy.
Antibacterial handwash (no water required)	During fieldwork we may not have access to running water so this is really useful.
Bedding	We will provide a mattress only and one set of sheets/pillowcase per person. We advise you bring an extra set for use during the week at field-sites. For camping, you may want to bring an empty duvet cover and use it as a thin sleeping bag rather than using sheets. Pillows are not provided.
Insect repellent & bite relief.	Insect repellent is required at field-sites. Normal repellents do not deter sand-flies which can be very annoying, so we recommend bring Avon's Skin-so Soft as this seems to keep them away. This can be purchased online here: http://avonshop.co.uk/product/bath-and-body/bath/skin-so-soft-original-dry-oil-body-spray.html It's impossible to avoid all bites, so worth bringing a relief aid. There are many available, but E45 do a good anti-itch cream and some people find tiger balm effective (available in local pharmacies in the US/UK and in Belize).
Long sleeved, but lightweight, tops	To cover up from insects or the sun. For evenings you may want to bring a sweater/hoodie as occasionally it feels cold. You'll probably travel in something warm anyway which should suffice.
Shorts and t.shirts/tank/vest tops	For general day wear. It's difficult to find the balance between being too hot and being covered up, but you will want a mix of clothing. Girls – please don't bring tops that are too revealing or inappropriate for the religious culture of the local villages.
Long pants	To cover up from insects in the evenings. Cargo pants are suitable – not jeans as they stay wet. You may also wear these during daytime fieldwork.
Sunglasses & Sunhat/cap	Hats are particularly advisable when on the dive boat.
Suncream & aftersun	The sun in Belize is strong – please bring adequate protection. It is expensive to purchase here and you may not be able to access a store for a few days.
Mosquito net	Optional. The bunkhouse at the ranger station is screened, but you may prefer to have a net around your bed. We advise bringing a box-shaped single net to best fit the accommodation.
Good sized, sturdy water bottle	Days in the field may be long and hot and you will be expected to carry an adequate supply of water. You could consider an additional container such as a flexible water carry (Camelbak brand in the US)
Waterproof pants/trousers	Optional. There may be times in the day when you're out in the rain. Lightweight trousers should dry fast in the heat but we cannot guarantee the weather. Most people are happy with good outdoor cargo pants.
Wetsuit	Optional, as TIDE does have spares, but depends on personal fit whether you wish to bring your own. The sea temp in Belize is between 25-29°C year round. It is common to dive using a 3mm shortie wetsuit, or 3mm full suits for those who are particularly susceptible to the cold. Between May – Nov most divers are ok in board shorts and a rash vest.

Rash vest	Really useful for diving and snorkelling, light and fast drying.
Bikini/ Swimming shorts	Shorts are recommended for girls too, particularly if in a public area. We try to encourage participants to stick to a “half-covered” rule, so either wear a swim top, or a bikini top with shorts.
Seasickness tablets	If you are susceptible to this – better to be prepared.
Toiletries	Most things are readily available here, and good value, so no need to bring enough (shampoo etc) to last the full time here. Exceptions are spray deodorant and sanitary products, which are a bit hit and miss in the shops.