

**Johns Hopkins Carey Business School**  
**Belize Leadership Development Expedition**

**Student Packing Guidelines**



**Essentials**

- **Make sure** you have a current passport, international travel insurance card, and student ID card. Passports must be valid for three months **AFTER** the last day of the trip.
- **Bring** personal money for food and gifts **approximately \$100 – \$200USD.**
- **Avoid** cotton clothes. They absorb and hold water/sweat for a long time which steals body heat and is uncomfortable. Stick with synthetics like polyester or nylon.
- **Pack smart and lite!** You will be carrying everything with you for the entire trip so pack light and don't bring unnecessary items.
- Temperatures will reach 90° F during the days and 50° F at night.
- If you want to bring anything that is not on the pack list **make sure you really need it.** Feel free to contact Mike Doyle 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
	Airline tix and itinerary	Digital and paper copies of e-tickets
	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 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 bugs and cool evenings	1
	Fleece jacket/sweater	For bugs and cool evenings to keep warm when wet	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	Non-cotton, synthetic is best	3-4
	Rain Jacket	Must be waterproof, lightweight (no ponchos)	1
	Hat / Visor	For sun protection	1

### PERSONAL GEAR

x	Item	Details
	Sleeping Bag	20-40 degree – let Mike Doyle know if you don't own one
	Headlamp	Bring extra batteries
	Towel	Camp towel, preferably non-cotton
	Sturdy water shoes/sandals	Must have heel strap - Chaco, Teva, Keen (no flips)
	Water Bottles / Bladder	(2) 1-liter capacity minimum

	Sunglasses	With straps
	Sunscreen	Biodegradable 45 SPF or stronger; lotion is better than spray
	Insect Repellent	20-100% Deet, lotion and oil is better than spray
	Toiletries	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.

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](http://www.rei.com) (local stores and online)

[www.backcountry.com](http://www.backcountry.com) (online only)

[www.sierratradingpost.com](http://www.sierratradingpost.com) (online only)