

BELIZE WILDLIFE & REFERRAL CLINIC Internship & Course Packing List



The big day is quickly approaching when you'll depart to Belize to begin your adventure with BWRC, and we want to make sure that you are clear on what to expect when you arrive. Internship and course durations vary, and you should pack accordingly. Any interns undertaking specialized internships should inquire about specific items to bring. Please feel free to email me, Justin Ford your educational program director with any questions or concerns between now and the time you depart for Belize.

We provide private housing which includes shared rooms and bath, hot water, kitchenette, and wifi on property. Laundry facilities are available for a small fee; detergent is included. There's also a filtered water station, common kitchen, and other common areas for your use. We do not provide daily housekeeping, and you are responsible for neatly maintaining your accommodations and common areas during your stay. The electrical system is 120V US standard.

If you are on any medications, bring an ample supply that will last the duration of your stay. We also recommend that you bring a copy of your prescription should you need a refill. Keep in mind that power may outages occur and refrigeration is not always reliable, so some medications may have a shorter shelf life here than back home. Talk to your pharmacist about options.

REQUIRED ITEMS

- o Passport (and copy of photo page in case your passport is lost)
- o Copy of itinerary (for immigration)
- o Copy of health insurance or health insurance card
- o Emergency contact card to be kept on your person
- o Medication tag if allergic to certain medications
- o Credit or debit card, cash
- o Sufficient scrubs for duration of your stay
- o Comfortable walking footwear for excursions
- o Closed toe shoes for clinic
- o Day pack
- o Re-usable water container
- o Flashlight (preferably head lamp)
- o Extra batteries

RECOMMENDED ITEMS

- Stethoscope
- Thermometer
- Box of latex gloves
- Laptop/tablet/smartphone/camera
- Rain gear (seasonal)
- Swim wear/beach towel (seasonal)
- Hat
- Binoculars
- Wildlife Field Guide
- Insect Repellent (available but expensive in Belize)
- Sun Screen (available but expensive in Belize)
- Travel blanket or light sleeping bag (if conducting field work)
- Jungle Hammock or tent (if conducting field work)
- Snorkeling gear (if visiting cayes)

A FEW TIPS

- Travel as light as possible; you may have to carry or load your own luggage.
- Pack/be prepared for all weather conditions: hot, humid, dry, cold, wet, etc.
- Pack clothes that dry quickly.
- Pack a carry-on bag with daily necessities in case your luggage is lost.
- Pack the larger liquid containers (i.e. sunscreen) in checked luggage.
- Read and understand the airline's baggage requirement, or any fees associated with extra weight or baggage. Plan your souvenir purchases accordingly.
- You may be required to pay an exit fee upon departure (\$37.50USD as of 2014)