

# **Very Important!**

**Please read this handbook very carefully from cover to cover. It includes a great deal of information that you will need to insure the success of your Belize field trip.**

## **IMPORTANT NOTE:**

**All Guests are picked up at the ICE Factory Dock when heading out to South Water Caye.**

## **NEW BELIZE LAW – June 2009:**

**All Children 16 years or younger traveling without a parent/legal guardian must have a notarized letter of permission from his or her parent/legal guardian.**

**International Zoological Expeditions, Inc.**

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# **Important numbers you need to know!!**

## **IZE Office, U.S.A.**

**Phone:.....508-655-1461, 1-800-548-5843 ( 8am-4pm)  
Monday thru Thursday**

**Emergency Phone:.....508-655-5252, for emergencies only.  
This is a home phone and may not be attended.**

**Email:.....ize2belize@aol.com  
Or:.....ize4belize@aol.com**

**Fax:.....508-655-4445**

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## **IZE Office, Belize**

**Phone:.....501-670-7076 / 501-670-5030  
Co-Managers: Jennifer Hall and John McDougall**

**Email:.....izebelize@gmail.com**

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## **WELCOME...**

And thank you for choosing to visit Belize with IZE. We know that you will enjoy our private cottages on this little island paradise. Whether vacationing or conducting research, we would very much like to see that your experiences on South Water Caye are both rewarding and enjoyable. This handbook will provide you with the information you need to ensure that your stay will be memorable.

## **BELIZE...**

Belize, formerly British Honduras, is a small, friendly English speaking country south of Mexico's Yucatan Peninsula. Belize is approximately the size of Massachusetts, with a population just over 250,000. Belize offers visitors a land of cascading waterfalls, deep uncharted caves, and rainforests filled with exotic birds. Crystal clear coastal waters, protected by the second longest barrier reef in the world, are teeming with marine life. The silent remains of the Mayan civilization, which causes modern man to marvel, are as inherent as the land itself.

## **GETTING THERE...**

To book your flight to Belize, please call your favorite travel service. We recommend Ed Koman of Uniglobe, phone: 1-800-696-2622. Ed has helped many of our clients locate low air fares and would be happy to assist you. He will schedule your flight from the airport of your choice to the Phillip S. Goldson International Airport of Belize. You will fly a domestic carrier most likely to New Orleans, Houston, or Miami. From these gateways, with approximately two hours of flying time, you will find yourself in Belize.

## **TRAVEL TIPS....**

IZE has been traveling to Belize for more than 33 years and our travel tips can help with your international travel.

1. All visitors to Belize must have a passport. Non U.S. Citizens should call the Belize Embassy in Washington (1-800-624-0686), regarding visa requirements.
1. Upon landing in Belize, you will pass through Immigration, collect your baggage and proceed to customs.
1. You may be greeted by a representative of Margie's Travel Service to assist you if needed with the continuation of your trip.
1. If you have a connecting flight to Dangriga or Punta Gorda, proceed to the Maya Island Airlines or Tropic Air ticket counter and present your confirmation number.
1. If traveling to Dangriga, you will take a cab from the Dangriga airstrip to the Tackle Stop Texaco Marina where an IZE representative will meet you and make arrangements for your transportation to South Water Caye.
1. If you are visiting Blue Creek, you will be met by an IZE representative at the airstrip in Punta Gorda for your taxi ride to Blue Creek.
1. If something goes wrong during transit, call our IZE office in Belize and explain the situation. You will be assisted. There are three numbers you can call: 501-670-7076 / 501-670-5030 (resident co-managers Jennifer Hall and John McDougall). Margie may also be at the airport to assist you as well.

## **HOTELS...**

Sometimes it is necessary to overnight in either Belize City or in Dangriga. We can arrange your hotel stays in advance or our IZE agent in Dangriga 501-670-7076 / 501-670-5030 can do this for you while you are in Belize.

## **TIPPING...**

Tipping is a personal decision. Throughout the country, service staff can be tipped for a job well done. When deciding on a tip, the same basic formula you would use in the States will do in Belize.

## **SOUTH WATER CAYE**

South Water Caye, approximately 12 acres in size, is located directly on the barrier reef. It is 3/4 of a mile long and 500 feet at its widest point. The island runs north-south with the best beach at the south end. The vegetation on South Water Caye consists primarily of wildflowers, palm trees, coconut trees, and mangrove. Thriving within the surrounding waters of the island, are sea grass beds, patch reefs and a magnificent barrier reef that is over 120 miles long. When walking around the island, please be considerate of the other property owners (Please see Map A). South Water Caye staff will explain the access of all sites to you upon your arrival.

## **MARINE RESEARCH STATION AND LODGE....**

In the center of IZE's South Water Caye compound is the marine research station and Lodge which can house 35 people. It is complete with a men's and women's dormitory style bedroom, dining and lecture area, and a lab area with reference library. The building also houses our bar, giftshop and internet café. This facility is used by research and student expeditions studying the biology of the barrier reef. Cottage guests are invited to use the lab and library; slide shows that have been prepared by our resident naturalist are available, and a selection of videos about the natural history of Belize are available for your viewing pleasure.

## **PARK FEES...**

The Belize Fisheries Department charges Park Fees for the South Water Caye Marine Reserve to support the sustainable management of the reserve.

The rates are as follows:

- Student group fees are \$10 US per person for a stay of up to 10 days.
- Adult fees are \$15 US per person for up to 10 days.
- The Daily Use fee is \$5 US per person a day

## **THE WATER...**

Rain water is collected for bathing, etc., and stored in large vats which supply sinks and showers. This water is for washing and brushing teeth, although it is safe to drink. However, we now supply purified drinking water for all our guests. The water is located in the dining room. **PLEASE DO NOT WASTE WATER.** Check that all faucets are tightly shut off when not in use. When you take a shower get wet, shut the water off, soap down, then rinse. Never let the water run excessively. **Thank you in assisting us in our efforts to conserve this precious resource.**

### **Electricity...**

The electrical system is 110V at both Blue Creek and South Water Caye and is available 24 hours/day for recharging your digital camera and/or computer batteries. **Please, no hairdryers or curling irons. Use lights sparingly and shut off when not in use.**

### **Meals...**

All of your meals are included in your package while you are staying with IZE at South Water Caye. You will enjoy Belizean food prepared by local cooks. **Please inform the IZE US office and the site manager of any food allergies or preferences.** Juice and other fruit beverages will be provided with all meals. Snacks, beer, and soda can be purchased in the dining room at the bar. Our meals might include fresh baked breads, rice and beans, fruits, vegetables, fresh fish, shrimp and conch when in season, chicken, pork, and delicious desserts. In general, Belizean dishes are somewhat Americanized with a Caribbean flair.

### **Boats...**

The boats we use are safe and durable. Although every effort is made to keep you dry, when the sea is a bit rough, water and spray may wet passengers. Be sure to pack all your water sensitive supplies in plastic bags. On rare occasions the seas may be too rough for safe passage and the captain may opt to postpone your trip either to or from the island. This does not happen often, but please be patient and understanding if the winds are not in your favor. Life jackets are provided for adults. We do not have life jackets for children, as they should be sized individually. Therefore, Parents need to bring life jackets sized for their children.

### **Fishing...**

Whatever your choice for fishing, you won't have to go far or wait long. The waters are teeming with life. Fish the sandy shallows for bonefish and barracuda, or hire a boat to cruise the channels outside the reef for tarpon, kingfish, permit, cobia, snapper, jack etc.. If you are interested in going out fishing with a professional guide, we will assist you in making arrangements when you are on the island. IZE does not provide fishing gear, so you must bring your own. Please take care and release all game fish you catch.

### **SNORKELING...**

IZE maintains a very limited amount of snorkel gear for rent. We recommend that guests bring their own equipment for proper fit and enjoyment.

### **DIVING...**

In an effort to provide every opportunity for our IZE guests to explore the wonders of the marine environment, IZE contracts with an experienced Independent PADI Dive Operation in Belize. Once on the island, guests can book any and all diving they wish. Jennifer Hall, our island co-manager will be happy to set up your dive activities for you. For non-divers wishing to learn, Jennifer can arrange both a resort course called Discover Scuba, or a complete course with PADI certification. Referrals are also welcome. Please inform IZE if you plan on diving while on South Water Caye so that we can begin making arrangements for you. You can view pricing on our web site under diving.

## **KAYAKS...**

We have a variety of kayaks for you to use at your leisure. Please check with the boat captain or manager for availability, and remember, **always wear life jackets!**

## **SAFETY...**

Wear sandals or flip flops when walking around the island, broken shells and coral can be quite sharp. Use dive boots, reef runners, or sneakers when walking in the water. Always swim and snorkel with a buddy and avoid swimming at night. Winds can change quickly, so stay close to the inside of the reef when snorkeling or kayaking. The tropical sun is intense so apply sun block liberally. To avoid dehydration drink plenty of water. Purified water is available at all times in the lodge. Avoid touching corals, sponges, or other animals. Many marine organisms are equipped with painful defense mechanisms and can sting or bite if molested.

## **INSECTS...**

Once in a while, mosquitoes and sand flies may come around, especially if the breeze dies. A little insect repellent will do the trick. Most likely you will not be bothered by insects. You may wish to ask for mosquito netting for the evening if you are truly concerned but most guests do not find it necessary.

## **CLIMATE...**

The climate is tropical with an average temperature of 77F. During the day, temperatures can soar as high as 100F, and rare cold fronts (called Nortes) can drop temperatures to as low as 60F. The usual temperatures range from the lower 90's during the day to the lower 70's at night. Most days are sunny and warm, and nights are mild and breezy. The water temperature remains generally in the mid 80's but can drop into the 70's in winter. Although the rainy and dry seasons are not as pronounced on the cayes as they are on the mainland, March through May is very dry, while the months of June through October are the wettest. At this time the rain comes in periods of heavy downpours, followed with immediate clearing and rarely restricts snorkeling or diving activities. Sun burn can be a problem. Remember to protect yourself.

## **MONEY - EXCHANGE RATES...**

\$1.00 US = \$2.00 BZE

U.S. dollars are accepted everywhere in Belize so you do not need to exchange your money for Belize dollars. When asking prices always assume the response to be in Belize dollars and pay accordingly. Traveler Checks are accepted 2:1 at IZE but you may be charged an exchange fee at other establishments. IZE Belize accepts Master Card and Visa for all services while at South Water Caye with no additional service charge. Credit cards are accepted at the larger hotels, restaurants, and shops.

## **REFUND POLICY...**

**Refunds are not made.** Cottage deposits are used in their entirety to confirm Belize travel reservations and food services and are not refundable. **We strongly recommend that all guests take out a trip cancellation insurance policy.** Such policies can be purchased inexpensively, and **IZE would be happy to send you policy information.**

## MAP A LEGEND

1. Vacation Cottages of local Belizean residents
2. Blue Marlin Lodge
3. Private property
4. Private property
- 5 & 7 Pelican Beach
6. IZE/Leslie Cottage property

**NOTE:** Please respect the rights of other property owners on South Water Caye.

- A. Coral Rubble Zone - A high energy zone, the water ranges from 2 to 45 feet in depth. These rubble areas extend northward for nearly five miles (almost to Tobacco Caye). It is an excellent place to snorkel with an abundance of coral and fish. Many lobsters can also be found in this area.
- B. This is a small channel which drains the inter-tidal zone during tide changes. The depth is approximately 4 to 5 feet. This is another rubble area with a sandy bottom, laced with dead coral. It is a good place to check out your gear and become re-adjusted to snorkeling. The water is generally a bit more turbid here than out at the reef. There are lots of eels and yellow rays in this area. It is here between the channel and the beach that the water can exceed 98 degrees. The sun heats the water over the dark Thalassia flats, and this heated water drains into the channel.
- C. Clumps of Red Mangrove trees.
- D. The IZE / Leslie Cottage boat dock.
- E. Managers Residence and Sea Belize Dive Center
- F. The IZE Marine Station Lodge, Dining area, Bar, Internet Cafe and Lab
- G. Private IZE Cottage
- I. Private IZE Cottage
- J. Staff house
- K & L Private IZE Cottage



## **CONSERVATION WHILE AT SOUTH WATER CAYE**

Very few places in the Caribbean rival South Water Caye and the surrounding barrier reef for its sheer diversity and beauty. South Water Caye and the surrounding waters are classified as a Marine Reserve and has been named a “ World Heritage Site” by U.N.E.S.C.O. We are conservationists and want very much for you to do your part to help us preserve this unique ecosystem. Please observe the following rules:

- ◆ **Do not pick anything, including coral, dead or alive.**
- ◆ **No spear guns or slings may be used.**
- ◆ **Please do not capture hermit crabs or lizards on the island.**
- ◆ **If you are fishing please keep only what you can eat for the day.**
- ◆ **Do not purchase turtle shell or turtle shell products.**
- ◆ **Do not touch any living coral, their polyps will die when touched.**
- ◆ **When snorkeling, do not stand or lean on the coral.**
- ◆ **When walking out to the reef, step onto sand and not live coral or grasses.  
Also do not stand on the reef crest.**
- ◆ **Do not tear hermit crabs or snails from their shells.**
- ◆ **Secure all of your trash, plastic and cigarette butts properly. Do not discard paper or plastic waste in the water or beach.**
- ◆ **Take with you your memories, leave behind only your footprints**

We do appreciate and thank you for keeping your impact on this area to a minimum.

Having read this manual we hope you have a better understanding of the area. We hope you enjoy the island and all it has to offer. With that, we welcome you to South Water Caye.

## **TRANSPORTATION TO BLUE CREEK...**

IZE can arrange your flight to Punta Gorda from either Belize City or Dangriga. Once you arrive in Punta Gorda you will be met by a taxi to take you to Blue Creek (approximately 26 miles). The cost for this taxi is \$75.00 US each way. If, according to your itinerary, you have arranged for taxi pick-up and an IZE staff person is not on hand to greet you, please check at the airline desk, there may be a message there for you. Your taxi will continue on to the Village of Blue Creek. It is a 1/3 to 1/2 mile hike into the IZE Blue Creek site from the village of Blue Creek. There are generally Mayans from the village very willing to carry your luggage for you.\*\*

If you wish to take the public bus to or from Punta Gorda, we can assume no responsibility for late arrivals if the bus is delayed. We can approximate time, but if there is a delay, you must let our Belize office know and then plan accordingly. If you do experience any problems in Punta Gorda, go to the Sea Front Hotel. The proprietors have a good relationship with IZE and will be sure to assist you.

\*\* Always agree on the price before accepting the Mayan's help. Be prepared to pay more for heavy items. If you feel the price is too high – negotiate!! The charge is generally between \$5 and \$7US.

## **IZE LODGES...**

### **Living conditions are field conditions.**

IZE Blue Creek consists of a main lodge which houses the kitchen / dining area. There are several cabins of various sizes. The newest cabin sleeps two (2) and contains a double bed, the only cabin with a double bed. All other cabins are equipped with single bunk style beds. In addition, each cabin may have an array of hammocks so you can sleep like Belizeans do, if you wish! Sheets, pillow cases, and towels are provided for our cottage guests. The cabins are nothing more than sleeping areas with no bath or toilet facilities. There are showers and toilets in the main lodge. You may also use the river for bathing as long as you use bio-degradable soap. Be prepared — conditions may be hot, humid, muddy and down right wet. After all it is a true rainforest and heat, humidity, and lots of rain are what rainforests are all about. You may want to consider leaving all muddy shoes outside the cabin on the deck. **Clothing seems to never really get dry so bring lots of talc powder, extra sneakers, plastic bags for wet clothing and waterproof containers for your cameras.** If the rains are heavy and last a long time, the river can flood and become quite muddy and turbulent. If this is the case DO NOT SWIM! DO NOT GO INTO THE CAVES! Use common sense and think about everything you do.

## **MEALS, WATER, ETC..**

All meals are prepared and served in the main lodge by local Mayan cooks. If you have any food allergies or dietary restrictions, please inform the IZE states office and the station manager. Bottled water is provided in the main lodge for drinking, brushing teeth, etc. Water for the basins and showers is pumped from the creek and should never be used for these purposes.

## **Electricity...**

The village of Blue Creek does have electricity, but please have your flashlight handy, because when it's dark, it's really dark and it is always possible for the power to fail at this remote site due to weather, etc!!!

## **COMMUNICATION...**

There are no telephones in Blue Creek, so any emergency messages must be passed through the Belize agent at 501-670-7076 / 501-670-5030.

## **ACTIVITIES AT BLUE CREEK...**

Our guided activities which may be included in your IZE package (groups only), or can be arranged while a guest at Blue Creek.

### **Activities**

#### **1. Short caving**

This trip lasts approximately 1 \_ hours into one of the most spectacular limestone caves in Belize. Many stalactites hang from the ceiling and colonies of bats dwell in the darkest crevices. Take along your camera and flashlight.

#### **1. Iguana Walk**

Put on your bathing suit, grab your mask, and enjoy a walk / swim along Blue Creek as you search the canopy for iguanas. Your guide will help you observe these stately reptiles firsthand.

#### **3. Monkey Walk\***

Fill your canteen, grab your camera and binoculars, and join an excursion in search of the black howler monkeys, known locally as baboons.

#### **4. Bird Walk**

Wake to the haunting melody of the nightingale wren, then join your guide at 6:00AM and experience the wide variety of birds of the forest. Don't forget your binoculars.

#### **5. Ethnobotany Tour**

A centuries old history of medicinal and other useful plants of the rainforest will be presented on this ethnobotany walk

#### **1. Jungle Hike\***

Try a rugged jungle hike! Take along your water bottle and insect repellent as up to 6 persons enjoy this 4 hour expedition

#### **1. Kayaking**

Two kayaks are available for your use at no charge. You must always wear a life jacket.

Other activities may also be available during your stay at IZE's Blue Creek. Check with the station manager.

Other activities such as cave swimming, farming, trapping and mayan crafts demonstrations.

**\* Can involve very strenuous hiking in hot sun for several hours/miles. These trips are only for the guests in excellent physical condition.**

## **MAYANS AT BLUE CREEK...**

In the past, many of our clients have asked what they could bring as gifts for the Mayan children. The best items would be Medical supplies, i.e. aspirin, tylenol, cortisone creams, band-aids, bandages, hydrogen peroxide, etc. Outgrown clothing (light weight), pens, pencils, notebooks, crayons, children's storybooks and any educational items you may no longer need are beneficial to the village also.. **Before handing out any gifts, please, speak with the IZE resident station manager at the Blue Creek Site. This is very important!!! Also, never ever try to trade your gifts for Mayan Crafts. The Crafts are the only means of income in the village of Blue Creek. Please respect the Mayan Culture.**

### **Safety considerations at Blue Creek:**

1. Only drink water and eat food provided for you at the IZE fieldstation (while visiting villagers you may be offered food and drink. Unless they are served freshly cooked and hot, it would be best to graciously pass with a very polite "No thank You")
1. Never leave the station area without checking with staff or chaperones.
1. Do not travel off on forest trails alone.
1. Never step over logs (step on top and then off) or place hands or feet where you can not see.
1. Learn to identify Warre Palms and avoid touching them.
1. Never walk out at night without a flashlight.
1. Do not enter any caves without guides.
1. Never go barefoot.
1. Shake out all shoes and clothing before putting them on. Scorpions and tarantulas are common but their stings are not serious unless you are allergic to insect bites. Please let us know of any and all allergies that you may have.

**With the Mayan Village of Blue Creek so close to the IZE field site, you will have a chance to meet many people from this community while you are staying at Blue Creek. This community is rich in culture and knowledge of the surrounding habitat. There is much that this village has to offer and teach, and you are highly encouraged to interact with village members. Please remember that you are from a different culture and that you are a guest. During the process of conversation it is possible for misunderstandings and confusion to be encountered by both sides. In order to ensure that interactions between you and members of the Blue Creek Community are rewarding and void of misunderstanding, please keep the following in mind:**

- 1) There are many artisans from the Blue Creek Village that have created beautiful crafts for sale that should be purchased only at designated locations during organized craft sessions that can be set by the IZE Blue Creek director. Please remember that your interest to purchase crafts is highly encouraged but you should buy only things that interest you and should not feel forced to buy anything that you do not want.
- 1) Plan on using either Belize or US currency for any purchases, do not plan on trading any of your belongings for crafts, unless you are asked by someone who is specifically interested in what you have.
- 1) If you and or your group have things such as books, pencils, paper, etc., that you wish to give to the Blue Creek Village please go through the appropriate IZE staff person.
- 1) Please do not leave your belongings around the field site.

- 1) Please do not bring candy or gum to give away, and do not give away money unless you are paying for a service or making a purchase.
- 6) Try to be considerate with regard to conversation, remembering that the people of the Blue Creek Community have a rich and complex culture equal to your own. Topics such as religion, and certain aspects of family life are very personal to people of all cultures which includes members of the Blue Creek Community, so respect should be taken with discussions of a sensitive nature.
- 7) Do not walk in someone's home unless you are invited and be respectful with regard to photography.
- 8) Please do not pick any herbs or fruits which grow around someone's house or Milpa farm. Care should be taken if you are offered any food or drink that has not been prepared in an IZE kitchen or at a designated IZE site. It only takes one small sip of water that has not been properly treated to send you to your bed for 2 or 3 miserable days.
- 9) Do not accept as gifts or purchase artifacts, ecofacts, plants, insect or animal products. Please be appropriate with the consumption of alcohol (minors are prohibited in the partaking of alcohol beverages) and the use of illegal drugs is strictly prohibited.
- 10) There are a number of small family run stores (COOL STOPS) in the village that sell sodas and snacks. You are welcomed and encouraged to visit these vendors. When arriving and leaving the field site many residents of Blue Creek village will offer portering services for transporting your baggage. You are highly encouraged to use this service and plan on spending approximately \$5.00 to \$7.00 U.S. dollars per bag.

**Many people visit and study at the Blue Creek Research Station each year. To keep the impact on the ecology and wildlife to a minimum, please keep the following in mind:**

1. Do not cut, remove, collect, or trample vegetation such as vines, shrubs, trees, and ground cover unless advised by the field station biologist.
2. Do not collect, kill or relocate wildlife such as insects, arachnids, mollusks, amphibians, reptiles, mammals, and birds unless advised by the field station biologist.
3. Do not litter or start fires and secure all cigarette butts.
4. Replace all over turned rocks and logs.
5. Do not fish from the Blue Creek River.
6. Keep the noise level to a minimum, please use head sets while listening to music.
7. Do not flush paper products down the toilet, discard them in appropriate receptacles.
8. Please try to use only biodegradable products when bathing in the river

**We hope that you decide to visit this wonderful rainforest site. It will not only be an adventure, but you will bring home memories that will last you a life time. Blue Creek's beauty is immeasurable and worth the trip. Although accommodations are somewhat rustic, the jungle is awesome!!**

Have a Great Adventure!

Warm Regards,

**THE IZE STAFF**

## **CHECKLIST FOR COTTAGE GUESTS**

The following is a list to aid you in organizing your equipment for your expedition to Central America.

### **For South Water Caye**

#### **Clothing**

- Normal beach wear is recommended.
- Casual clothing is always appropriate.
- Please be certain to bring a hat.
- Water Shoes
- Dive skin or wetsuit( if sensitive to cold or sun)
- Long sleeved shirt and pants in winter months.

#### **Equipment**

- Parents need to bring life jackets sized for their children
- Masks, fins and snorkel
- Waterproof flashlight, plenty of batteries
- Fishing gear
- Water bottle
- Photography equipment
- Underwater camera
- Beach towel
- Binoculars
- Swimmers Ear Drops

#### **Toiletries**

- Baby wipes
- Hydrogen peroxide
- Benadryl-ointment and medication
- Ibuprofen
- Sunscreen
- Insect repellent
- Dramamine
- Shampoo and Rinse

- Sanitary napkins, tampons
- Tooth brush and paste
- Shaving gear(no electric razors)
- All prescription medication)

### **In addition to above if staying at Blue Creek Rainforest Station**

#### **Clothing**

- Nylon pants
- Long sleeve shirts
- Lots of socks
- Hiking boots
- Athletic shoes
- Bandanas

#### **Toiletries**

- Baby powder
- Antifungal medication
- Soap(bio-degradable)

#### **Equipment**

- Water proof headlamp for caving
- Leather gloves for climbing
- Day pack
- Clothesline and pins
- Mesh bags for damp clothes

**Pack all toiletries in ziplock plastic bags. No Curling Irons or Blow Dryers Please!**

**NOTE: It is best to avoid army surplus items if traveling to Guatemala.**

**IMPORTANT:** It is very important that you get good quality equipment and try it on first, even if you have to try it in the bathtub. You can sometimes rent gear on the island but it is expensive and not always available.

**OTHER STUFF:**

- Passport \*
- Visa if not U.S. citizen \*
- Cash \* (at least \$300.00)
- Credit card or travelers checks
- Tetanus shot should be up to date
- Kleenex
- Plastic bags for wet clothes
- Sunglasses
- Plane ticket\*
- \*\*Snacks (avoid milk based foods-they spoil in the heat) Crackers, cookies, dried fruits, trail mix, teas,etc..
- Beach Towel (at least 1)

\*\*Blue Creek is in a very remote area and it is sometimes difficult for our staff to purchase varied foods. Beans and Rice are the staple food in this area of Belize. They may be served often! The above astriked items may be useful to supplement your diet while in Blue Creek. Also, there are some **LONG** hikes available to the adventuresome while at Blue Creek. If you feel up to taking a 4 + hour hike, it will be necessary for you to bring along and drink plenty of water to avoid dehydration. Belize gets very hot! Be aware of your body's need for fluids **PLEASE — Avoid Dehydration.**

