



## Packing & Prep List

- **Passport**, copy of passport – leave a copy with a relative or friend
- Personal medicines – *All prescription medicines **MUST BE** packed in your carry-on bag.*
- \$100 in small bills, to purchase meals in the airport or to buy souvenirs. Bills **cannot** be marked or torn. USD are valid currency in Belize. ATM machines are available to withdraw in Belize Dollars.
- **Small backpack(s)** to carry your family's water bottles when at mission sites or traveling.
- **Clothes** for a week-long trip, including:
  - Shorts or long pants
  - T-shirts and/or long-sleeve shirts (moisture wicking, like dry fit brands, are ideal)
  - Outfit for church (we attend Mass daily)
  - Thin rain jacket or poncho
  - Underwear
  - Socks
  - Shoes (can get dirty/muddy)- tennis shoes, work shoes, sandals
  - **Washers and dryers are available** in the apartments
  - Pack one change of clothes in your carry-on bag
- Toiletries
- Bible, journal, pen
- Water bottle (insulated is best)
- **Kids items** – portable crib, Pack 'n Play
- **Optional Items**
  - Boots (e.g., mid-calf PVC rain boots) – can be purchased in Belize
  - Swimsuit
  - Work gloves
  - Small snack items (granola bars, cracker packages, etc.) if desired
- Sunscreen, insect repellent, hydrocortisone cream, hand wipes
- Sunglasses
- Hat
- **Cell Phones/Comms**
  - Sign up on WhatsApp and share number with SOLT FME
  - Chargers
  - Investigate SIM options based on phone/carrier (<https://smart-bz.com/>, <https://www.livedigi.com/> )