

KIT LIST :: BELIZE

Desert Island Survival

Below is the kit you need to bring, with a few words of explanation where appropriate.

Please bring exactly what we list.

Most of the gear with the links you can find much cheaper on ebay in army surplus stores etc. It is worth shopping around. Any queries feel free to email us at: amazon@bushmasters.co.uk

Kit You Need to Bring:

Torch:	Small using AA or AAA batteries. Head torches are ideal, especially those with a red filter, which will stop bugs bothering you at night. Ensure you have spare batteries. Check out; http://en.petzl.com/petzl/LampesProduits?Produit=475
Strong string:	Paracord is ideal, bring about 10 metres, it has loads of uses.
Mosquito repellent:	Preferably with 50% deet. No more. 1 x 50ml bottle is ample.
Sun cream:	Including sun block if necessary. Get UVA & UVB sun block, no more than factor 30 which is waterproof and non scented, so as not to attract insects.
Rucksack / Holdall:	You will need a rucksack. It needs to be robust and big enough to carry your personal gear. A 60 Litre pack / hold all is ideal.
Roll mat:	For padding from the island floor. Do not bring a thermarest, they may get punctured.
Sleeping bag:	Lightweight, man made fibre best. Duck down bags when wet are hard to dry. Go for the tiniest option you can. 1-2 season is all you will need, but it can get cold at night!
Sarong / Towel:	Multiple uses including as a towel and hiding your modesty! The neoprene, water absorbent travel towels are good, but a small normal towel is fine, though a sarong is best.
Swimmers:	Swimming costume, shorts etc. A T-shirt is a good idea to keep the sun off while snorkeling!
Sandals:	
Sun hat:	Full brim are best, keeps the sun off in the heat of the day. Essential!
Washing kit:	Keep to a minimum. Do not use pop top caps; get screw top otherwise your tooth paste will explode in your pack – nice! Bring all the sanitary items you need too. A 200ml bottle of liquid soap is ideal. Wet wipes are a good idea.

What You Wear / Miscellaneous:

Boots:	Comfortable boots. Do not bring Gore-Tex lined boots.
Trousers x 1 pairs:	Lightweight, which dry quickly and are full leg length. You may want a basic cloth adjustable belt if they do not come with one already. Do not bring leather belts! Do not bring bright colours or flowery patterns. They attract insects. Warn mainly after last light.
Shirt x 1:	Lightweight, long sleeved with breast pockets and collar to keep sun off your neck if possible. Ensure pockets can be buttoned so your gear does not fall out. Ensure shirt tails fit into your trousers well and do not always pull out, leaving a nice bit of skin for bugs to bite! .
T-Shirt:	To wear in the sea to keep the sun off, whilst snorkeling
Warm top	For the evenings, the Caribbean breeze can feel pretty cold on the cayes at night.

Underwear x 2 pairs:	Whatever is comfortable and quick drying. Non-padded cycling shorts and sports bras (for you chaps!) are good as are standard boxer shorts as they tend to prevent chaffing problems.
Socks x 2 pairs:	Hiking type. Ensure they do not have too many man made fibres in them. You wear one pair during the day and change into your spare pair for the night time.
Lighters:	Plastic cheapo types. Zippo's etc will be lost. Just bring one or two.
Sweat rags:	Old T-shirt cut up is perfect.
Watch:	Waterproof, alarm and light on it.
Photocopies:	Good idea generally when traveling to have copies of passport, vaccination card, flight tickets etc. We will store any valuables and spare kit you do not want to take into the jungle.
Cash:	US\$ cash is best, we can change into BZ\$ cash for you as you cannot get this easily outside of Belize. Traveler's cheques and credit cards are no good outside of Belize City and the Cayes as you need a bank and you will be a long way from one.
Vaccination card:	Essential
Shades:	Cooler the better.

Additional / Extra Kit:

The following are items you may want to bring, but are not essential.

Cameras:	If you have a fancy SLR, big lenses and tripod, then bring it and lots of film/memory cards. You will get great shots and you will really wish you had that 300mm lens when you see Red Howler Monkeys in the trees. The main thing is to protect your equipment from the wet and knocks. A bag, which is 100% waterproof, plus a load of silica gel bags to keep moisture down, then pad the lot out with useful items, like a sarong. It is worth the risk! Small, waterproof digital cameras are great, but make sure you have spare batteries and memory cards, there is little chance to recharge. The new Lithium batteries are excellent. AAA/AA/C/D Cell all available now – they last ages! Bring the download cable too.
Books:	For those quiet nights. Kindle, ipad etc
Extra clothes:	T-shirts, shorts, warm top, extra sarong, trousers, shirts etc. for the last night drink up, international travel and so on.
Goodies	The likes of a favourite snack bar, sachets of coffee, sugar, your favourite tea and so on. Keep it very basic and to a minimum, it is purely a little luxury for you when you get out of the jungle. If you have a multi tool like a leather man, bring that too. Centrum type multi vitamin tablets are a good idea as is a tube of superglue. You never know what precious item will break, like the sole off your boot, and only superglue has a chance of working in the jungle!!
Knife	If you have the likes of a dive knife / leatherman or small bush knife you can bring this
Snorkel kit	If you have your own mask / fins etc then feel free to bring this if you wish.