**Packing List for Traveling to B-BLUE Hub**

**Clothing and Footwear**

* Team uniform (if required by your team)
* Long pants (for mission assignment fields)
* UPF hats and clothing
* Rain gear (raincoat, poncho, etc.)
* Hiking boots or tennis shoes (for jungle or cave exploration)
* Swim attire / rash guards / water shoes (for ocean days)
* Comfortable casual clothing for leisure time

**Personal Care Items**

* Shower shoes
* Sunscreen (reef-safe if going out to the sea)
* Bug spray (DEET, pre-spray or pre-wash clothing with Permethrin)
* Lidocaine cream or Tiger Balm (for mosquito bite itch)
* Personal vitamins / medications
* Toiletries (toothbrush, toothpaste, shampoo, etc.)

**Specialty Gear**

* Snorkel gear (if you prefer to use your own)
* Water bottles
* Snacks (that are not sold in Belize)

**Additional Essentials**

* Sunglasses
* Reusable bags
* Travel pillow
* Flashlight or headlamp
* First aid kit
* Camera or smartphone (with charger)
* Power adapter (if coming from a country with different outlets)
* Travel documents (passport, visa, travel insurance, etc.)

**Tips for Preparation**

* Pre-spray or pre-wash clothing with Permethrin for extra bug protection.
* Ensure all electronics are compatible with Belize's voltage and plug type.
* Bring a small backpack or daypack for excursions.
* Consider packing lightweight, quick-drying clothing for comfort.
* Bring a small amount of cash for small purchases and tips.

By packing these items, you'll be well-prepared for your trip to B-BLUE and able to fully enjoy the experience!