



## ORIENTATION PREPARATION

# PACKING LIST FOR YOUR TERM OF SERVICE PUNTA GORDA, BELIZE 2019

Are you excited to head to your city of service? Are you looking forward to forming relationships while living in community? Fantastic. By entering the Jesuit Volunteer Corps, you are committing to a simple lifestyle and to being present for others. Material things can sometimes cloud that commitment. We invite you to use our resource “Packing Intentionally for JVC” to help with your decision-making while packing for your term of service. Below you can find a list of recommended items to pack, created by years of Punta Gorda JVs, to make things easier, too:

**Note: \* means this item is optional and could be helpful, but not necessary.**

### CLIMATE

Belize is a tropical nation, and "tropical" needs little explanation—very warm, sunny, and sometimes, in some places, humid. There are, however, periods of weeks and nights when long sleeves and sweaters are necessary. There are quite a few mosquitoes and sand flies, so long pants are sometimes helpful at night though it still is very hot.

### THE BASICS

Sturdy, durable clothes – The detergent and sun will wear out your clothes throughout the course of two years. Dri-fit clothing (tank tops, shirts, underwear, shorts, etc. – highly recommended, especially if you sweat a lot!) Keep in mind: Darker colors are much easier to keep clean but lighter colors are cooler. Mud and gravel can wreak havoc on shoes!

**WOMEN:** Generally, women in Belize dress very fashionably for Mass, weddings, funerals, and especially for the holidays (long dresses, nice sun dresses, heels - not required, etc.). Most women wear shorts when not at work/school.

- Light WATERPROOF rain jacket
- Sweater / Sweatshirt (for cool evenings)
- Comfy sweat pants, yoga pants, exercise pants, etc.
- Sweater for work (1)
- Long-sleeve cotton / flannel shirts (2)
- Jeans / casual pants
- Shorts and t-shirts (both nice casual shorts and athletic shorts, for after work, traveling, retreat weekends, etc. Capri pants are also a good option.)
- Spandex shorts for bathing in the villages (this is what the Maya women wear)
- Modest gym / basketball shorts (to lounge and relax in and can be worn around town)
- Nicer outfits for special occasions (2) (men: dress shirts and tie, women: dresses and nice shoes)
- Swimsuit (women can/should bring both a bikini and a more conservative option)
- Flip flops (plastic or rubber is fine) (1)
- Durable sandals (e.g. Tevas, Chacos, Keens, etc.)

- Durable tennis shoes / sneakers
- Lots of 100% cotton underwear and socks (Bring more than you think you need: they shred, de-thread and lose their elasticity easily because of strong detergents and the hot, humid weather.)

WOMEN: Sun dresses, Skirts, Summer sandals for church or going out

## WORK

Many Belizean workers and students wear uniforms. You can also get "uniforms" made by a local tailor pretty inexpensively. This expense can be covered by your community budget. Some work placements provide uniforms, but others require professional dress. Conversations with your 2nd-year JVs (or Coordinator) will help you to best determine what will be appropriate for your work site. For teaching especially, you are expected to dress professionally. In Belize, professional dress is very similar to "business casual" here in the U.S. You may have to practice your ironing skills—you wouldn't want your students or coworkers saying you are "mash up."

### WOMEN

- Blouses
- Slacks or knee-length / long skirt
- Flats (2)
- For those working in non-school sites, there are opportunities to wear black jeans, sandals (not flip flops), and any sort of dress as long as it's appropriate.

### MEN

- Cotton long pants / khakis / summer-weight pants
- Short-sleeve dress / polo / tennis-type shirts
- Nice sneakers (acceptable for teaching in certain cases)
- Dress / professional shoes
- White undershirts (for casual wear and to wear under your work shirts)

## SCHOOL / WORK SUPPLIES

\* Only if you are working at a school, and not necessary but helpful: pens (various colors), tape, magic markers, scissors

## TOILETRIES

Most toiletry items can be found in Punta Gorda, but bring some basic items to get you through the beginning of your time.

- Travel-size toiletries (in reusable bottles for later retreat and weekend travel use!)
- Dental floss, chapstick, skin care items
- Hair items (headbands, brushes, combs, bandanas/sweat rag)
- Tampons / Pads (Stock up on the free supply at Orientation! Or consider a menstrual cup?)
- Heating packs / Midol™
- Face wash (Even if you don't usually break out, the heat/humidity will leave you with more sweat and oil than usual. If you are remotely acne-prone, you may want to bring something like Oxypad wipes for your face.)

## MEDICINE

- Prescription medications (bring as much as you can just in case)
- \* Basic over-the-counter meds (Check with community – we may already have a lot)
- \* Multi-vitamins (B12 or B-complex)

- \* Small first-aid kit
- \* Band-aids, anti-fungal powder (Check with community – we may already have A LOT)

### **ELECTRONICS**

- Flash drive / external hard drive
- Cell phones / laptops (many of us have these with us, but check in with your 2<sup>nd</sup>-years for questions about what to bring or what is appropriate)
- Headlamp (for blackouts, travels, reading in bed)
- Headphones (modest ones that would not make you a target of theft)
- Backup phone charger
- Alarm clock (battery type is best)
- Camera (be careful with expensive equipment – humidity can do damage, and it could get stolen)
- \* MP3 player / iPod (handy for community/spirituality nights/relaxing, could also be stolen)
- \* Small portable speakers that can connect to an iPod/MP3/Phone (handy for spirituality / community nights or watching movies)
- \* Extra batteries or rechargeable batteries (you can buy common types of batteries in Belize)

### **MISCELLANEOUS**

- \* Umbrella (you can buy a cheap one here too)
- Hat (especially if sensitive to the sun)
- \* Yoga mat (helpful for working out at home and useful for camping!)
- Reusable [insulated] water bottle / hot beverage thermos
- Insect repellent (Avon Skin-So-Soft works well, but expensive here—stock up if you attract mosquitos!)
- Sunglasses & sunscreen
- \* Hammock (pop-up style, e.g. ENO)
- \* Set of sheets / towel (The community has these, but having your own from home is nice!)
- \* Guitar (or other instruments) and music (check with community to see if there are any already)
- Journal
- \* Movies downloaded or as DVDs
- \* Arts/crafts supplies (paints, jewelry-making supplies, etc.)
- \* Favorite books (community has HUGE library already, so you'll never run out of books to read)
- \* Room decorations (hooks, sticky-tack, etc.)
- Photos of family / friends (it's very expensive to print photos in Belize)

### **DON'T FORGET!**

- PASSPORT (make a copy of every page of your passport—identification page, all stamped pages—this will be used for your visa application process)
- Prescription medicine
- Addresses of friends, writing paper/notepad for letters, journal, etc.