



Leaning Palm Resort

What to Bring

Don't leave home without:

- Valid Passport (valid for 6 months beyond your anticipated date of return) – Keep a copy in a separate location in your luggage in case your passport is lost or stolen.
- Notarized Letter of Consent if a child is traveling with only one parent. Belize will not allow you to enter the country as a single parent with your children without a notarized Letter of Consent from the non-traveling parent.
- COVID-19 Vaccination Card or Negative COVID-19 Test – If you do not have either of these on arrival you will be required to take a COVID-19 test at the airport for a cost of \$50 USD paid in Cash Only.
- Face Mask – Wearing a face mask is the law in Belize.
- Visa (if necessary) <https://www.belize.com/belize-visa>
- US Cash or a Valid Credit Card for paying Departure Tax
- Travel itinerary with flight information, boarding passes, hotel information and any other information related to your time in Belize
- Driver's License if you plan to rent a vehicle. If you do plan to rent a vehicle please reserve a 4WD – Belizean roads can be rocky, wet and muddy. We highly recommend Crystal Auto Rental and they can provide you with a phone to use while you are in Belize. They can also provide you with a cooler to carry along refreshments while you are out exploring.
- Cash/Credit Cards – The official currency of Belize is the Belizean Dollar usually noted as BZD. The exchange rate is \$1 USD to \$2 BZD. US Cash is widely accepted throughout Belize so there is no need to exchange money at the airport, but be sure you have small bills as sometimes vendors do not have change. You will always receive change in BZD even if you spend USD. There are ATMs in most parts of Belize,

but please note that there are no ATMs in Gales Point, so be sure to visit an ATM before traveling to our area of Belize. A Note about Tipping Below.

- A flexible, positive attitude that's ready to experience new things!
- Toiletries & Medication: Not easy to get off-the-beaten path.
- Seasick Medication if you are prone to sea sickness. Meclizine is a great product which typically does not make one drowsy like Dramamine. It is usually kept behind the counter, but a prescription is not needed. **If you are taking the boat transport to Leaning Palm please take your sea sickness medication as soon as you arrive in Belize so it has time to take affect before you get on the boat.**
- Sunscreen with High SPF
- Bug repellent & Hydrocortisone cream – You are visiting the tropics so expect to experience some biting insects. Bug repellent should have a high DEET concentration. Baby oil can be helpful for additional protection against sand flies.
- Hand Sanitizer
- Anti-diarrheal medication such as Imodium. Unlikely that you will need it, but just in case.
- Clothing: choose light-weight, light-colored cotton and linen fabrics. Water shoes or closed toed sandals especially if you plan to do any hiking or caving tours (ATM Tour Requires Socks), flip-flops, hat, swimsuit, at least one long sleeved shirt and long pants for those times when it is cool, you have had more than enough sun or you just don't want to spray up with deet. We do have laundry service available at LPR, cost is \$15 USD per bag.

TRAVEL TIP: Pack one change of clothes, flip-flops, and a bathing suit in your carry-on! Just in case luggage is lost or delayed.

Other items to consider:

- Small personal first aid kit: i.e. band-aids, aspirin, pain relief medication, scissors, tweezers, safety pins, Benadryl tablets, Neosporin ~ NOTE: Benadryl can be very helpful should you react to a bug bite or have an allergic reaction from plants in the jungle.
- Please do not bring your hair dryer or curling iron.** We do not allow the use of heat producing products as it takes a huge toll on our solar energy system. Plus the humidity will likely ensure all that time you spent on your hair will have been in vain.
- Earplugs if you are a light sleeper or sensitive to wave noise or animal/bird sounds
- Water bottle

- Travel towel for off-site water-based excursions – **Beach towels provided by Leaning Palm are not allowed off-site. Lost beach towels will incur an additional charge.** Here is a link to a great travel towel that packs up small and dries quickly:
https://www.amazon.com/dp/BO1LXI17KE/ref=redir_mobile_desktop?_encoding=UTF8&aaxitk=OENTKh3YzQoupAYZrUqPQw&hsa_cr_id=2921494240601&pd_rd_plhdr=t&pd_rd_r=c44dd151-0105-43b4-a8ca-84ba21253b41&pd_rd_w=3crq4&pd_rd_wg=h4Fcd&ref_=sbx_be_s_sparkle_mcd_asin_O_img
- Small back-pack for excursions
- Camera and other Electronics – Don't forget the charging cords! Consider investing in waterproof cases.
- Good reading book, log book and pen
- Detailed Clothing List:
 - Sunglasses
 - Face Mask
 - Hat
 - Shorts
 - T-Shirts
 - Long comfortable pants
 - Long sleeve shirt
 - Socks
 - Fleece or sweater (especially in the winter months)
 - Light weight rain jacket
 - Bathing suit
 - Sandals
 - Sturdy shoes like hiking boots or running shoes
 - Water shoes
- Snorkel gear if you are picky about your own gear
- PADI (or equivalent) certification card if you plan to dive
- Dry bag for carrying personal belongings on water-based activities
- Insurance cards
- Travel Insurance
- Credit cards
- Flashlight with extra batteries

- Binoculars
 - Maps, guide books & field guides
 - If you have rented a vehicle we recommend purchasing this map:
https://www.amazon.com/Laminated-Belize-English-Spanish-Italian/dp/386609048X/ref=sr_1_2?ie=UTF8&qid=1513454654&sr=8-2&keywords=belize+road+map
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