

List of things to bring:	Notes
<b>Baggage limits</b> for United Airlines: <b>Checked bag:</b> Max. weight per bag: 23kg (50lb) Max. linear dimensions per bag (length X width X depth: 158 cm (62in) Overweight bag: \$100 CAD/USD (per direction, plus taxes*) for bags between 23-32kg (50-70lb) Oversized bag: \$100 CAD/USD (per direction, plus taxes*) for bags between 158-292cm (63-115in) If a bag is both overweight and oversized, the \$100 fee is charged only once. <b>Carry-on bag:</b> The maximum dimensions for a carry-on bag are 23 cm x 40 cm x 55 cm), including handles and wheels. <b>Personal item:</b> The maximum dimensions for your personal item, such as a shoulder bag, backpack, laptop bag or other small item, 16 cm x 33 cm x 43 cm). All liquids > 100 mL should be bagged and packed in your checked baggage. For carry on make sure that bottles are 100 mL or less in volume and bagged. Be sure to pack jack knives and other such items in your checked baggage. All lithium rechargeable batteries must be in your carry on.	
<b>Please pack reasonably light as we will may each of you to carry a modest amount of field equipment in your checked bag. You will have to hand wash clothes every few days.</b>	
<b>Clothing</b>	
Socks (-65 pairs)	
Pajamas	
Underwear (5-6 pairs)	
Long pants (2 pairs)	Light weight fast drying pants are preferable.
Shorts (one or two pairs)	
Swim suit	
t-shirts (4-5)	
long-sleeved shirts (2-3)	Light weight
sweater or coat	The temperature should be very pleasant but please note that we will be travelling in February in Canada so you will need something for our trip from Kingston to Toronto. Layers allow you to do this.
rain jacket	In the unlikely event of rain (might be useful too if we take a boat ride as we hope to)
hiking boots/walking shoes	
sandals	
hat (large brim)	
<b>Toiletries etc.</b>	
prescription drugs	Always bring in original packaging, and bring enough for > 2 weeks just in case.
Immodium	Drug to combat diarrhea
Other medicines	e.g. aspirin, tylenol, ibuprofen, Gravol, Benadryl etc.
hand sanitizer	
bug spray	Especially important now that parts of Mexico have zika like the Yucatan
sunscreen (high SPF please)	
antiperspirant	you will sweat!
towel	
toothbrush & paste	
soap and shampoo	use small containers for shampoo and other such liquid toiletries.
other toiletries	shaving razor, foot powder etc.
<b>Other</b>	
Sleeping bag	Lightweight summer bag should be sufficient, perhaps rated to 10 degrees.
Day pack	A small backpack or satchel for carrying around water, field book, field guides etc. Use this for your carry-on.
Large bag or pack	See baggage restrictions above. Before checking your bags be sure to tie all straps so that they do not become trapped in the conveyer belts.
Binoculars (if possible)	8 X 40 or 10 X 50s We will have a chance to see many birds and lizards etc. and binoculars will facilitate this.
Country guide book?	You may wish to purchase one of the myriad guide books so that you may read up on the Jalisco and Colima. I suggest Lonely Planet. This really not necessary but may be of interest to you.
Field guides?	You may wish to purchase a persona field guide to birds, although we will bring some copies so that we can share. E.g. Birds of Mexico and Central America by Van Perlo or a Guide to the Birds of Mexico and North central America by Howell. Guides to other taxa generally are not available for this region.
Spanish phrase book?	We will provide you with a pdf of common words and phrases that you can print off and take if you wish.
Headlamp	We will do some night time work - so this is imperative. We would suggest that you get a headlamp that illuminates well.
Water bottle	1 Litre capacity preferred. This is important although in a pinch we can simply use a local plastic water bottle.
Sewing kit	Not mandatory but useful
Camera	Bring sufficient media for two weeks (i.e. SD cards etc) as it may be difficult to get extra when we are in the field. You will be able to recharge batteries.
Field book	Please buy a field book from either from a campus book store (compact White red and Blue Sockkia) or a Rite in the Rain book from MEC or Trailhead or other such supplier.)
HB Pencils and a pen or two	Pencils are for your field books (prefered to ink which runs in humid weather).
School course materials	For your course back at Queen's University you may wish to bring a text or readings or assignments so that you keep abreast of course work back home.
<b>Important</b>	
<b>Passport</b>	Make sure that you leave a copy of your passport with your parents or someone else you trust. We would also like you to send us a scan of it in case you lose or damage the hard copy. Our copies will be shredded after the trip.
<b>Cash</b>	One to two hundred dollars in US currency (or better still in Mexican pesos). On a few occasions you may have an opportunity to explore a town and purchase your own meal, and you may wish to have money to buy a few souvenirs
<b>Contact &amp; Health Information</b>	This is information that we will solicit - but you should have copy of all emergency numbers (parents, guardians, partners).