

It is amazing to think that the intricate cave formations visitors explore throughout Belize today actually took thousands of years to develop, and that the historical remnants of the Maya people found in these caves are the last remaining symbols of this once flourishing civilization. Please help Belize retain its heritage by remembering that these precious artifacts can be easily damaged or destroyed. Once they are gone, they will be gone forever.

Guidelines

- Use experienced guides and tour operators for all caves even well traveled caves.
- If you are claustrophobic, know your limits. E.g. Rio Frio is an open cave but most caves tend to have no natural lighting permeating.
- Know the accessibility and physical endurance required for each cave before your journey.
- Pack lightly, especially for the wilder less-known caves where you have to travel for long distances.
- Visitors exploring caves must have a hardhat and a flashlight or headlight with two (2) changes of batteries with them at all times. An extra flashlight (preferably waterproof) with spare batteries is always a good idea.
- Only a certain number of people are allowed into the caves at a time. Please check with the tour operator for instructions.
- Always stay on the designated path and keep voices to a minimum to avoid unnecessary impact or disturbance to the protected area.
- Do not touch, break or lean on any cave formation.
- The lighting of fires or smoking in any form is strictly prohibited within the caves.

Safety Precautions

- Read all waiver forms thoroughly before signing them.
- Keep your lights and hardhat on at all times, and stay together with your party.
- Watch your heads for low ceilings and hanging cave formations.

- Avoid jumping, which may cause stones to roll.

What To Bring

- Sturdy shoes
- A long-sleeved shirt
- Long pants
- Insect repellent
- Sunscreen
- Plenty of water