

NICARAGUA PACKING LIST

ESSENTIALS

- Bible and other reading materials (journal, Spanish-English dictionary, etc.)
- Current passport, with expiration date of at least **six months** past travel date
- Copy of passport, kept in a separate place from your passport

TOILETRIES, FIRST AID, & MEDICINES

3-1-1 Rule for Liquids in Carry-Ons: 3.4-ounce (100-ml) bottle or less (by volume); 1 quart-sized, clear, plastic, zip-top bag; 1 bag per passenger; bag must be put in screening bin at security checkpoint

- Insect repellent with at least 30% DEET (found in camping supply section of stores)
- All prescription medications (keep in original containers labeled with your name)
- Personal medications (antihistamines or aspirin, Pepto-Bismol, Band-Aids, antibiotic ointment, etc.)
- Kleenex (may come in handy as back-up toilet paper)
- Handwipes and hand sanitizer

Note: Unscented toiletries are best, as perfume can attract bugs

CLOTHING

- Sun protection (sunglasses, sunscreen, hat, bandanas, neck coolers)
- Lightweight clothing
 - Skirts should be knee-length or longer
 - Do not bring halter tops, tight clothing, revealing clothing, army fatigues, expensive jewelry, or watches
 - Jeans are acceptable but may make you feel warm
 - Consider bringing clothes to leave behind after trip
- Work gloves
- Comfortable shoes (no sandals permitted at construction sites)
- Light jacket or sweater for cool evenings
- Rain gear if traveling June-December (travel umbrella, rain pancho, water-repellant jacket)
- Nice outfit for Sunday (golf shirts, lightweight skirts, etc.)
- Travel bag or fanny pack for carrying your passport and cash with you at all times

MISCELLANEOUS

- Pre-packaged snacks such as cheese crackers, nuts, granola bars, etc.
- Camera
- Cash (bills must be like new, meaning unmarked with no creases or tears)

- \$10 to enter the country, which you will place inside the front cover of your passport before leaving the US
- Money for souvenirs, bottled water, dinner in airport en route, snacks, tips (average amount taken is \$200)
- Telephone calling card or pre-set international calling plan (check with your own carrier if you plan to use FaceTime or Viber)
- Identification tags for both exterior AND interior of luggage
- A bag of gallon-sized Ziplock bags for the rice/beans distribution
- Large jar of children's vitamins
- Games to have with you to play with the children (e.g., Uno, Go Fish, bubbles, coloring books, silly putty, travel games, sidewalk chalk, checkers, etc.)
- Bags of candy
- Small gifts from the US
- Linens and towels are provided
- FLEXIBILITY and a sense of humor for what won't go as planned!