

NICARAGUA PACKING LIST

TRAVEL NECESSITIES	
ITEM	NOTES
Passport	<i>Verify that it will not expire within 6 months of your departure/return</i>
3 color copies of passport and 1 copy of health insurance card	<i>Leave a passport copy with a family member in the US, a copy with your team leader, and carry one copy with you</i>
\$10 per person	<i>Entrance fee/visa tax</i>
Spending money	<i>\$50-100 suggested for souvenirs. Newer bills in smaller denominations are better.</i>
CLOTHING & TOILETRIES <i>Pack liquids in a plastic bag</i>	
<p>The days will be warm or hot, and the nights are generally warm, but in the mountains of Matagalpa it could be cooler (around 60-65 at night). In Managua, it's usually in the upper 70's at night and near 100 during the day. Most clothing should be casual and nice. We suggest the following:</p>	
Work clothes	<i>Jeans/pants, shirts, t-shirts, etc. Scrubs are great in the clinic/pharmacy.</i>
Casual clothes	<i>Slacks or jeans (shorts and capri pants must at knee length or longer when standing). T-shirts, polo shirts, or button-down shirts.</i>
Sweatshirt, sweater or jacket	<i>It can be chilly at night</i>
Dress clothes	<p>Those training pastor or working at the school should wear this clothing each day.</p> <p>Men- button down, collared shirt with slacks, leather shoes</p> <p>Women- Skirt or dress (that covers your knees). No mini skirts, no high slits, no stomach, and no halter tops.</p>
Tennis shoes, work boots, or Toms	<i>For everyday wear; comfortable for working/walking</i>
Flip-flops	<i>To walk to bathroom/shower</i>
Undergarments, socks	<i>Enough for the number of days of your stay and a few extra</i>
Pajamas	<i>You'll probably have a roommate</i>
Swimsuit	<p><i>Women: One piece bathing suit</i></p> <p><i>Men: Swimming trunks</i></p>
Hair care	<i>Hairbrush/comb, shampoo, conditioner, etc..</i>
Teeth care	<i>Toothpaste, toothbrush, dental floss. Plan to use bottled water when brushing your teeth.</i>
Bathing/ Personal Hygiene	<i>Razor/shaver, bar soap, deodorant, feminine products, make-up</i>

Insect repellent	<i>Mosquito population dependent on region</i>
Personal medications	<i>If you are on any medication, please bring them in their original packaging and know the generic names. Please notify team leader of any special health considerations such as diabetes or food allergies.</i>
Hand wipes and/or sanitizer	<i>To carry around with you</i>
Lotion/Chapstick	<i>You'll probably want this on the long plane rides</i>
Bath towel/washcloth	<i>Bring a personal towel & washcloth to use while on the field; not recommended to use the towels provided by the hotel</i>
Pillowcase	<i>Are provided, but you may feel more comfortable using your own</i>
Blanket	<i>If wanted for sleeping or on the plane</i>
Sunscreen 50 SPF or higher	<i>Remember how close to the equator you are</i>
Earplugs	<i>For noisy roommates or neighbors</i>
Kleenex and/or toilet paper	<i>It's BYOTP (bring-your-own-TP) in Nicaragua</i>
Febreeze	<i>This can help keep your clothes smelling fresh just a bit longer!</i>
EVERYTHING ELSE	
Bible, journal and pen	<i>For team and personal devotions</i>
Spanish/English Dictionary	<i>Unless of course, you're already fluent</i>
Water bottle	<i>Especially important since we will be working outside. Bottled water is purchased in-country</i>
Camera, extra cards, batteries	<i>You'll want this</i>
Backpack or small bag	<i>For carrying keys, camera, snacks, hand sanitizer, etc. during field work; small, foldable or used as carry-on</i>
Small flashlight	<i>For reading and for getting around at night</i>
Work gloves, safety glasses, tools	<i>If you are doing construction work/special projects</i>
Hat, sunglasses	<i>Especially since you will be working outside; sunglasses are also nice to keep the dust out of your eyes during in-country travel.</i>
Inexpensive watch/alarm	<i>Or cell phone- will still function on airplane mode</i>
Rain jacket	<i>Rains often in spring & summer</i>
Ziploc bags, garbage bags	<i>Handy for many things</i>

Outlet adapter(s)	Kenya uses the British- BS 1363 socket; a single plug adapter or a power strip adapter is recommended. Chargers for cell phones & laptops convert the higher voltage automatically.
Cell phone & charger	A temporary international plan can be purchased from your carrier before departure or you can plan to use your phone on airplane mode while connected to wifi.
Small fan	Battery-operated fan could be helpful to keep you cool at night.
Travel-size laundry detergent	It's helpful to plan to wash underwear or socks halfway through.
Snack bars, etc.	To carry on the field. Make sure everything is in seals packages or Ziploc bags to avoid bugs. Be ready to share your snack with the locals if you plan to eat in front of them.
Personal medications	
OTC medications	It may be helpful to have Pepto, Immodium, laxatives, Tylenol, Benadryl cream, and Solarcaine. Note: the team leader will carry a travel medical kit with emergency meds.
Gifts for host family	If applicable, see recommended list
Family photo	Bring a few photos of your family, friends, or pets to show your host family.
TRAVEL COMFORTS <i>Things you may want on the plane...</i>	
Travel pillow	Neck or square pillow; you'll want to be able to sleep
Headphones	Bring multiple sets. You'd hate to lose these. Sound-cancelling headphones are great to drown out noisy atmospheres.
Book	A kindle or iPad is a great way to bring more than one book
Gum/Breath-freshener	...that morning breath
Small toiletries	Carry in quart-size bag
Portable charger	That's a long time for your phone to play music
Tylenol PM	For when you want to sleep
Snacks	Meals served on international flights. For food allergies- to request special meals, use your traveler information to log on to the airline website at least 24 hours before departure
THINGS TO LEAVE AT HOME <i>Remember you're going to a different culture</i>	
Expensive jewelry or clothing	Keep your jewelry and clothes simple and inexpensive

Clothing with holes	<i>It's not always a fashion statement</i>
Shirts with questionable writing	<i>Questionable? This includes band names, even Christian ones, or a shirt with a beer, alcohol, or tobacco advertisement.</i>
Alcoholic beverages, cigarettes, cigars, etc	<i>Don't bring it, don't buy it while we're there.</i>

