

## **Personal Preparation**

**Pack lightly!** You will need to pack all of your clothing and personal items into your carry on luggage. The two checked suitcases that each person is allocated are needed to carry supplies for the mission work. Remember there are no facilities to do laundry, so please pack accordingly. It may sound impossible to pack all of your supplies in a carry on bag but is feasible. The lighter you pack, the happier you will be.

### **What to bring**

- 1 over the shoulder carry-on-bag to transport all of your personal items. Max dimensions (9x14x22)

### **Clothing**

- Light sweater or jacket
- Raincoat
- Cotton t-shirts
- Work clothes
- Sneakers or comfortable work shoes
- Sandals or flip-flops for walking to and from the shower
- Shorts if desired for sightseeing only
- Jean or cotton pants
- Work gloves
- Fanny pack for sightseeing
- Sunglasses and hat
- Swimsuit (no bikinis)
- Twin bed sheet and pillowcase (to be left behind when we leave)

### **Toiletries**

- Brush/Comb
- Shaving supplies
- Shampoo, conditioner, soap (use small or travel size)
- Deodorant
- Toothbrush and toothpaste
- Personal toiletries
- Chap stick
- Extra contacts, solution, prescription glasses (if needed)
- 1 bath towel (may be left behind when we leave)
- Washcloth (and plastic bag for storing it wet)

### **Special items:**

- Water bottle (essential) at least 32 oz.
- Insect repellent (Should have DEET as an active ingredient)
- Sunscreen
- Sunburn remedy (if susceptible to sunburn)
- Oral/Topical Benadryl in case of bug bites
- Plastic bag for dirty laundry
- Camera and film (bring film it is difficult to obtain in Nicaragua)

- Study Aids
- Bible, notebook, diary or journal
- Small first aid kit
- Flash light
- Small travel alarm clock

### Money

- U.S. dollars in small bills for personal spending when in Managua
- \$5.00 entry fee to Nicaragua (Exact change in US dollars)
- \$37.00 exit fee for Nicaragua (Exact change in US dollars)

### Tips for travel

- Drink plenty of fluids when flying and throughout the entire trip. You will be in the tropics and working hard so proper hydration is critical. Try to drink at least 64 oz. a day.
- **Do not** drink tap water or any water not deemed safe by the leaders. The water in Nicaragua is contaminated with bacteria/parasites, which can make you quite ill. Safe water will be provided in various parts of the camp.
- Knowledge of Spanish is not required but a few would be helpful. We will be holding classes prior to the trip.
- Phone calls to the States from Nicaragua are very expensive. You will be able to make calls from the hotel. You can use phone cards but a 120 minute card will only last about 6-10 minutes. There is an internet café in the hotel in Managua.
- There are several agencies that will provide short term travel insurance which helps cover health care abroad