

Packing List (A Guide)

Essentials:

Passport
USD cash (10-200)

Sunscreen
Insect repellent (w/ 20-35% DEET)
Antibacterial hand sanitizer
Antibacterial hand/face wipes
Biodegradable hair and body soap
Towel & washcloth
Travel tissue pack(s)
Small mirror
Toiletries
Nail brush
Makeup (if applicable)

Rain jacket
Reusable water bottle
Sleeping bag (warm one!)
Travel/small pillow
Shower flip flops or sandals
Flashlight/headlamp w/extra batteries
Camera & charger
Ear plugs
Sunglasses
Laundry bag

We recommend packing one day's worth of essentials in a small carry-on in case of missing luggage!

For the Job Site:

- Dust masks or bandana
- Backpack
- Hat and bandana(s) for sun protection
- Work gloves (at least 2 pairs - we recommend leather)
- 2 pairs jeans or light weight work pants
- 4 work shirts (quick-dry are great - tank tops not recommended)
- 1-2 light long sleeved shirts
- Cotton socks and underwear (sports bras great for ladies)
- Clean, warm lounging outfit for evening
- Comfortable, sturdy shoes for evening
- Warm jacket or heavy sweater
- Warm pyjamas - it gets cold!
- Rubber boots (can be purchased cheaply in Nicaragua)

Tourism Clothing:

- 2-3 hot weather outfits - modesty is best for Nicaragua!
- 1 light jacket or sweater for cooler evenings
- Swim suit for hotel pool

Extras to Consider:

- Playing cards
- Book(s)
- Journal and pens
- Twin sheet
- Salsa, peanut butter, maple syrup (always a hit)
- Protein bars or snacks (fully wrapped)
- Extra eye glasses or contacts/cases/solutions
- Swiss Army Knife (must be packed in checked luggage)
- Items to SHARE w/local kids (frisbees, bubbles, paper & crayons, crafts, simple games, wiffle balls and bats, etc)

Things to Leave at Home:

Jewelry
Items of personal value
Unnecessary electronics
Items intended for individual gifts

Needed Donations:

School supplies (pencils, sharpeners, markers, construction paper, drawing paper, writing paper, notebooks, metric rulers, solar calculators, Spanish books, etc)