

## Suggestions of What to Bring

Please pack light!!! We are limited to ONE piece of luggage, which must be carry-on size (22"x14"x9"). Our check-through luggage space will be used to transport our supplies and materials for the people in Nicaragua. Laundry service will be available and is included in the cost of your trip.

- ✓ Passport (valid for at least six months from departure date)
- ✓ Bible
- ✓ Cool, lightweight, light-colored clothing (Shorts are allowed)
- ✓ Comfortable shoes and socks (sandals are not recommended for the worksite)
- ✓ Hat, sunglasses, bandana
- ✓ Hand-held fan
- ✓ Insect repellent
- ✓ Sunscreen (for skin and lips)
- ✓ Gloves (leather or cotton jersey for construction trips)
- ✓ Personal medicines (prescription and non-prescription), including your weekly dosage of malaria prevention medication.
- ✓ Personal toiletries (soap, deodorant, toothpaste, shampoo, etc.)
- ✓ Travel roll of toilet paper. You can find it with the travel-size items in the health and beauty aids section at Wal-Mart or other drug stores.
- ✓ Shower scrubby – though a bath towel, hand towel, and washcloth are provided, while staying at H.O.P.E. Central.
- ✓ Earplugs & sleep mask. You will be sleeping in dormitories with fellow teammates.
- ✓ Water bottle or canteen labeled with your name. NOTE: Each person should drink at least five (5) 16 oz. bottles of water a day to avoid dehydration.
- ✓ Small flashlight &/or book lamp
- ✓ Personal snacks (as space in carry-on permits)
- ✓ Breath mints, candy, or gum
- ✓ Camera and charger
- ✓ A picture(s) of your own family to share with your new Nicaragua friends
- ✓ Antibacterial hand cleanser &/or wipes (such as Wet Ones or Purel)
- ✓ Sandals for shower
- ✓ Nail brush – especially for our construction teams
- ✓ Anti-diarrheal medication (just in case)
- ✓ Money - Please do not take large amounts of money. \$100-150 should be more than enough for shopping in the market or purchasing needs for the community.
- ✓ A few pieces of bubble wrap are handy, if you plan to buy pottery.