

Nicaragua Packing List

IMPORTANT:

- **Passport and \$5 for entry into Nicaragua**
- **Journal and WHAM T-shirt**
- **Snack foods, power bars, etc. but not chocolate which will probably melt**
- **Large Nalgene water bottle for taking purified water along with you during the day**

Money

- Cash for food during airport layovers
- \$5 for entry into Nicaragua
- Some cash for personal purchases, souvenirs (\$50-100 is more than enough!)

Personal Care/Health

- personal tissue packs to use for toilet paper when unavailable
- Wash cloth, towel and beach towel (suggested that we leave them as gifts to Cusmapa house)
- Bar soap in a container/baggie or bottle of liquid soap (small)
- Hand wash soap or dish detergent for hand washing clothes
- Antiseptic gel for hands (Purell)
- Disposable Wipes (baby or flushable) for hands, body sweat, etc.
- Pepto Bismol, other stomach distress medicine (better safe than sorry)
(recommend 1-2 tablets per day 2 days before and during trip if your are prone - to prevent problems)
- Any personal medical items (should be coordinated with Ann Barrett)
- Car Sickness medicine if needed (Dramamine)
- Sun Tan Lotion / SPF 30 or higher!
- Insect/mosquito repellent (such as OFF)
- Cover/baggies for toothbrush or other personal items
- Ear plugs - the roosters are quite noisy! The sticky silicone ones are best.

Clothing

- Absolutely no ripped, torn, or otherwise “disposable” clothing
- Absolutely no cut off shorts or tanks top. It is considered vulgar and trashy in Nicaragua.
- Shorts for evening lounging, touring
- MODEST bathing suit and cover-up (girls – one-piece suit please!)
- One nice outfit for restaurant dinners
- Sweat Shirt / sweat pants – mornings are chilly!
- Light weight rain gear
- Proper footwear - good traction/waterproof for Miramar; sandals/Tevas or flip flops for lounging/shower
- Hat/Visor for rain and sun

Miscellaneous

- Small day pack for traveling (fanny pack/back pack)
- Work gloves
- Sunglasses
- Small Flashlight w/ new batteries
- Optional twin bed sheets, pillowcase, or sleeping bag (suggested that we leave them at Cusmapa)
- Big Zip Lock bags- great for dirty stuff or messes
- Personal reading materials, a few pens, playing cards, games for evening activity
- Soccer Ball, baseball mitts, Basketball, Frisbee, Jump Rope (suggested that we leave them at Cusmapa)
- **Do not bring expensive jewelry, watches, or electronics.**