

DRAFT

Nicaragua 2018 Packing List Suggestions

Money – bring cash in US dollars – small denominations, credit/debit cards are accepted but there is a “special fee”. You may want to buy some souvenirs as well.

- 1 dollar is about 30 Cordobas

Water Bottle (large capacity) to carry at work site

Documents (bring a copy to keep in a suitcase, and keep a copy at home)

- **passport**
- drivers license
- health insurance card
- **plane tickets**
- prescriptions

Shoes

- work boots/sneakers – you may even leave them there!
- sandals/flip flops
- water shoes

Clothing

- work clothes – old t-shirts, shorts
- casual clothes
- bathing suit
- hat/visor
- sunglasses
- work gloves
- sweater/jacket/sweatshirt
- long-sleeved light shirt - good for sun protection - rash guard sun shirt

Toiletries/Medications

- soap – face/body
- shampoo/conditioner/gel
- toothbrush, toothpaste, dental floss
- contact lenses, solutions, glasses
- deodorant
- hand cream/body lotion
- face wipes
- feminine products
- q-tips
- motrin/aspirin
- prescriptions – allergy medicine, antibiotics, etc.
- razor, shaving cream
- comb, brush
- make-up, make-up remover

- Eye drops

Miscellaneous

- first aid kit – band-aids, Neosporin, eye drops, clippers, pepto bismol, tums
- **sunscreen – lots!**
- Mosquito repellent
- chapstick
- **flashlights with extra batteries - smaller ones are good**
- backpack/fanny pack
- Spanish dictionary
- beach towel
- hand sanitizer
- travel games
- book
- journal, pen
- Granola bar snacks
- Bandana

Electronics

- camera
- batteries
- iPod & charger
- cell phone & charger - international rates apply
- hair dryer

Note: Do not drink tap water or eat foods that have been washed (salad), order drinks without ice (no hielo)