

Suggested Packing List for Mission Trip to Nicaragua

Linens and towels are supplied at both Jenny's Guest House. Please bring clothing you will be willing to leave with people in Nicaragua, you will be surprised!

Aircraft regulations change fairly often and will affect what you can take and how it should be packed. We suggest you visit the [Canada Air Transport Security Authority](#) web site for the latest regulations. Flight information can be viewed on your carrier's web site or at the [Greater Toronto Airport Authority](#) web site.

- passport plus a photocopy to carry while in Nicaragua. Be certain to keep them in separate places
- bible
- security pouch or belt for money and passport
- journal
- Spanish - English dictionary
- personal hygiene items. The team may wish to take large containers of shampoo and conditioner (2 in 1) for girls and guys instead of individual items.
- knee length or longer skirts or dresses for women; light cotton pants for women and men for church or other more formal visits
- blouses or dress shirts appropriate with the shorts, pants, or skirts
- one pair of dress shoes
- modest walking shorts and tops
- comfortable walking shoes and sandals
- modest bathing suit (for Montelimar)
- beach towel for day at resort
- underclothing
- wash cloths (not available in Nicaragua)
- work clothes (if doing construction) and steel toed shoes or work boots. For safety's sake no sandals at work sites
- hat, bandannas and neck coolers
- suntan lotion
- sunglasses
- insect repellent with Deet (eg: Muskol)
- Imodium or Pepto Bismol
- personalized water bottle
- personal medications, including things like antihistamine or aspirin, ASA, acetaminophen, ibuprofen
- toilet paper or Kleenex for those visits away from the house
- handiwipes
- personal first aid kit and assemble a team first aid kit
- hand sanitizer (The team should consider taking a large one for refills)
- small packs of snack food (granola bars, liquorice nuts, etc.)
- camera, memory cards, film and spare batteries (these plus developing are **very** expensive and hard to find)
- labels and identification for suitcases
- American cash in like **new** condition only (traveller's cheques are not easily cashed)
- telephone calling card. Be sure to check that it works before you go.
- "Canadian" Gifts plus other items to give away to your "New Friends"
- Canadian pins & buttons (MP's sometimes provide these if you call)
- team may wish to take a couple large jars of peanut butter

Special Notes

- Do NOT take mini skirts, halter tops, tight clothing, army fatigues, expensive jewellery, gold chains, expensive watches, expensive walkmans, cigarettes, or alcohol. Jeans are acceptable but you might feel warm.
- Could take folding travel umbrella in rainy season (June to December)
- Temperature is hot all year. Jackets or sweater snot necessary. We suggest a very light water repellent jacket if anything (nylon shell)
- Team should take permanent markers, packing and duct tape for wrapping packages for home, envelopes and a notebook for memos and expense recorders.