

## Puerto Cabezas Packing List

- **Current passport** (will not expire within 6 months of arrival in to the country).
- **\$10.00 US for entry VISA. \$4.00 Domestic Flight Tax** (\$2.00 each way).
- Bible, small flashlight or headlamp with additional batteries, journal, pen/pencil, small comfortable daypack.
- Camera and charger (electrical outlets are the same as in the US)
- Small calculator to calculate exchange rate
- Work gloves, dust/paint masks, hat, any special tools or gear for team specific projects.
- Comfortable shoes, at least one pair closed-toed shoes to work in.
- Swimsuits: women one piece.
- Church clothes: Men: collared shirts, Women: dresses, capris, or skirts
- Lightweight shirts, jacket, jeans, and shorts.
- Toiletries, sunscreen, anti-bacterial hand sanitizer.
- Over-the-counter medications, ibuprofen, band-aids, cold or allergy medications.
- Insect repellent (should contain the ingredient “DEET”).
- **Refillable** water bottle, powdered “*Gatorade*” or some sort of electrolyte replacement
- Comfort food: granola bars, nuts, snack bars, Sara Lee Bagels.
- Photos of you and/or your family to share with local families or children.
- Activities that you can interact with children such as: bubbles, face paint, balloons.

**CLOTHING DEFINITIONS:** Nicaragua is a very modest country. Inappropriate choices of clothing can present a very awkward and embarrassing moment for the team member. Underwear should not be visible including boxer shorts or bra straps. *Female team members are asked to pack shorts that are at least the length of your fingertips when you are standing. “Spaghetti strap” tops for female team members would not be appropriate. Swimsuits should be a one piece swimsuit for women.*

**GIFTS:** Hostess and Friendship Gifts: There will be several people who will help make your trip extra special, everyone from the cooks and bus drivers to your facilitators. If you choose a small token of your appreciation can be shared through a simple gift, such as a souvenir hat or t-shirt from your hometown, praise or worship music—in Spanish would be a real treat, chocolate Hershey Kisses or “good” chocolate. Strong kitchen utensils or kitchen towels. Fragrant skin lotions.

Ordinary People  Extraordinary Purpose