

## Packing List for Nicaragua

Keep in mind that there is someone there that can wash your clothes for you for just a few dollars. It is worth it to utilize this resource and it really helps the people that do to make money for their families.

Also, try to wear clothing that you wouldn't mind leaving there!!!

### Suitcase brought in EARLY: (due on ??????)

PLEASE limit this suitcase to items that can be donated when you leave. In the end, this piece of luggage can only weigh 50 pounds and we need as much empty space as we can have to pack our items that have been donated for our trip.

sheets for a twin sized mattress (I suggest getting these at Goodwill maybe)

tennis shoes that you will be leaving at the dump

towel / washcloth

full sized body wash / shampoo / sunscreen / bug spray / Monkey Butt (powder used for to prevent chafing)

toothpaste / deodorant (any other toiletries that you may need)

*\*NO PEANUT BUTTER OR ITEMS CONTAINING PEANUTS.....!!!!!!*

## Carry On Suitcase and Back Pack:

Dimensions of carry on: 22 x 14 x 9

Cash

\*(mainly ones and fives and NO torn bills- I recommend at least \$100 but usually sent closer to \$150)

Bible and Journal

Pillow

\*I have always packed one that I can just be left down there. If sheets will fit inside your pillow case, put them there instead of inside the "early" suitcase.

Any medicine that you must take.

\*Medicine needs to be in its original bottle.

towel

travel sized body wash / shampoo / sunscreen / toothpaste / deodorant

tennis shoes or sandals

clothes (daily wear and sleepwear)

\*Keep in mind that these need to be modest in appearance. Again, it is helpful if the clothes that you take can be clothes that you can donate! ***We discussed having no tank tops or shirts with cut off/torn sleeves!!!***

bandana (helpful to use during truck rides to shield you from dirt/dust)

cap or hat

swimsuit

\*Girls may only have a 1 piece or a VERY modest tankini. It is easier to just swim in your shorts and dark colored t-shirt!

snacks and breakfast items

\*granola bars, pop tarts, etc.