

**Hope For Nicaragua Mission Team  
Packing Suggestions Checklist**

**\*\* PRINT THIS LIST - THERE ARE TWO (2) PAGES \*\***

<i>Try to bring "just enough" and don't over pack - go as light as possible.</i>	Check Here When Item Packed
<b>Item</b>	
<b>Passport !</b>	
Bible	
\$10 Bill (clean, new) for Nicaragua immigration fee	
Copy of Passport (stored apart from your passport)	
Wallet, ID, One Credit Card, Cash in small/new, good-condition bills	
Personal prescription and/or over-the-counter medications and vitamins for the duration of the trip	
<b>(NOTE: Pack in your Carry-On)</b>	
Dramamine if you use it	
Glasses or contact lenses (don't forget cleaning solution and contact cases)	
Money for shopping, snacks, sodas, tips, coffee and vanilla (offered at the mission home) etc. American currency is accepted as legal tender in Nicaragua. \$150 - \$200 is an average amount team members tend to bring. Smaller denomination, newer bills from a bank are best (bills that are worn, torn or marked will not be accepted by businesses). Travelers Checks and credit cards are useful in the US and in Managua but likely be of no use in other places.	
Fanny Pack and/or money belt by preference	
Camera/phone to capture and share the great memories you will have	
<b>Five days</b> of "field clothing" (there is no laundry service in the village) and two days of "tourist/travel clothing" in (2Gal.) Zip-Lock bags (one bag per day). Must comply with BMDMI dress code. <b>NOTE:</b> Put 1-2 days of clothing in your carry-on bag.	
Sleep and/or shower wear: We will be sleeping "dorm style", often in the very room you will work out of during the day. Men often sleep in their street clothes or in swim trunks/running shorts and T-shirts; ladies often sleep in T-shirts and running-style shorts or light nightgowns.	
Knee length or longer, light-weight bath robes or swim suit cover-up for ladies. Often the showers area is near or visible from the school fence.	
Rain Jacket - by preference. Nice to have if it's cool and sometimes better to just get wet when it is hot (you get all steamy in there...).	
Consider a light jacket or sweatshirt in the event of cool evenings (quite cool depending on location)	
Sturdy, breathable Shoes/Boots - A pair of rubber boots for rainy/muddy days is also a good idea	
Sandals or "Flip Flops" for evenings/showers	
<b>Very Important:</b> Personal Screw-Top Water Bottle with a strap, clip or other means to carry with you at all times (no glass!)	
Sheets and pillow (or pillow substitute - a pillowcase you can stuff with other clothing for example). BMDMI supplies 4" foam pads the size of a twin bed. Bring a twin-sized fitted sheet to cover the pad and a flat sheet to sleep under. You can spray the sheets with permethrin spray to kill and repel insects; do not spray them with insecticides or DEET (it will dissolve foam). A light blanket is optional in the event of a cool evening.	
A personal mosquito tent is recommended for sleeping. It should fit on top of a twin-sized sleeping pad or, a twin-sized sleeping pad should fit in the mosquito tent.	
Some people have brought an air mattress however, they can be quite bulky and heavy in your packing. Be sure to bring a means of inflating, deflating and appropriate sheets.	
Ear Plugs if you are a light sleeper - remember, we will be sleeping dorm style with others	
Travel alarm clock (or use your phone)	
CPAP Users bring all necessary parts/pieces and optionally an extension cord. Notify you team captain in advance so we can plan for electrical needs in our sleeping quarters	
Personal towel and washcloth for showering. Good idea to pack in a two-gallon Zip Lock, so you can pack it out wet if needed.	
<b>For health workers</b> , bring your personal stethoscope, otoscope and ophthalmoscope (extra if you have them), any medical references, or special items/equipment you personally use.	
Hand Sanitizer - Portable (you can keep with you) and a Refill	
Sun protection: Hat, sunglasses, sunscreen, lip balm	
Mosquito repellent (30% DEET is effective). Eucalyptus-based repellants can be a good alternative	

Permethrin bug Spray Optoinal (In Addition to your DEET or Eucalyptus) for sleeping area	
Toiletries: You'll need only the basics - soap, shaving items, hair care, deodorant, dental items, etc.	
Feminine hygiene/protection items if your menstrual periods are irregular or arriving near the trip. These items are rarely available in the village.	
2 rolls of toilet paper or Kleenex travel packs (you never know...)	
Some people like to bring baby wipes for a refreshing, quick clean up during the day	
Camping Mirror and/or bath organizer are optional items that can be handy	
<b>Important:</b> Flashlight. An LED headlight is great for hands free	
Extra batteries. Enough for two changes is adequate.	
Tracts and/or other evangelism aids	
Local language aids, tip sheets, dictionary, etc.	
Pencil & Pad to journal, keep notes and jot down the contact information for new friends you'll meet	
Work Gloves if you think you'll need them for your work area	
Low-Salt Snacks that will hold up in tropical temperatures (dry fruit, nuts, etc.)	
Optional clothesline for hanging towels, clothes (space permitting)	
Medical Team/As-Needed: Any spare medical equipment, like automatic blood pressure cuffs, glucometers complete with strips and supplies, etc.	
For maintenance: hand tools, duct tape, rope, tarps, etc. Must be in checked luggage.	
Any miscellaneous items including pens, paper, markers, etc. you will need for your work area	
<b>Did you remember your Passport ?</b>	