

Suggested Packing List for Nicaragua Mission Trip

It is highly recommended to bring only 1 backpack and 1 carry-on avoiding the need to check a bag. There are several advantages to not checking a bag when moving through customs in both countries not to mention the smaller possibility of luggage not arriving. The staff at the team house will do laundry mid-week allowing you to pack lighter.

In your carry-on luggage:

- Men – light pants (Khakis) and collared shirts for church; light-weight slacks, jeans, shorts, and t-shirts for ministry (no tank tops, cut-offs or sleeveless shirts)
- Ladies – casual dresses or skirts (knee length or longer) for church; light-weight pants, capris or shorts (thigh length or longer) and light-weight shirts (with sleeves) for ministry
- Closed-toed shoes are recommended in the field. Sandals and flip-flops are ok to wear around the team house or beach area
- A small towel (really handy for the “heavy-sweaters”)
- Shower shoes or flip-flops for the team house and hotel showers
- Larger personal items that are liquid, gel or aerosol that can’t be carried on. (It is recommend that you pack them in large zip-loc bags in case they open during flight)
- Baby wipes (packets are good to keep in your back-pack for quick cleaning)
- Rain poncho
- Light-weight jacket

In your backpack luggage:

- All medicines (prescription medications must be in their original container). Take extra over-the-counter medicine for allergies, headaches, stomach and other problems
- Toiletries (3oz or smaller and all must fit in a quart-size zip-loc bag (keep handy when you check-in at the airport because it will need to be pulled-out and at security)
- Flashlight with extra batteries
- Sunglasses and hat/cap/visor
- Insect repellent (with deet)
- Hand sanitizer (1-2 small bottles)
- Earplugs (in case someone snores!)
- Extra pair of eye-glasses or contact lenses. Don’t forget lens solution!
- Bible
- Photo ID (such as a driver’s license)
- Passport and airline itinerary
- Journal and pen
- Camera and memory cards
- Cell phone (check with your carrier about international use and rates for calls, texts and internet)
- Some snacks for the trip

Other items to Note:

- Bed linens and towels will be provided, however you might want to take a washcloth for the hotel.
- You may take clothes you would be willing to leave. As part of the ministry, Omar will get them to the local churches, which will distribute them to needy families in their communities.
- Label all bags with a luggage tag and colored ribbon.
- Make copies of your itinerary and contact information and tape them inside your carry-on luggage.
- Give your family members a copy of your itinerary and Crosspoint Contact information in case of an emergency
- Spending money for convenience store purchases, food in airports, gifts/souvenirs, lunch and team activity in Managua on the last day (\$200 is suggested)