

# Packing List for Nicaragua



## Luggage & Clothes

- Bathing suit
- Cap/Hat/Bandanna
- Light jacket
- Luggage (requirements at [www.tsa.gov](http://www.tsa.gov))
  - 1 backpack/briefcase
  - 1 daypack
  - 1 suitcase
- Poncho
- Shirts & Pants
- Shoes (3 pairs)
  - Day shoes (close-toed)
  - Evening shoes (sandals)
  - Shower shoes
- Socks/Undergarments

## Miscellaneous

- Airline tickets
- Alarm clock (wind-up or battery operated)
- Bible
- Camera with extra batteries
- Money
- Passport
- Small flashlight
- Snacks for lunch (nothing that will melt)
- Sunglasses

## Personal Items

- Contacts/Glasses/Contact solution
- Deodorant
- Hair supplies (gel, hair ties, etc.)
- Hand wipes/sanitizer
- Insect repellent
- Kleenex
- Lotion (fragrance free)
- Medicines
  - Antihistamine
  - Cipro (if prescribed)
  - Eye drops
  - Ibuprofen or Tylenol
  - Immodium
  - Malaria pills
  - Pepto-Bismol
  - Personal/emergency prescriptions
- Razor/Shaving kit
- Shampoo/Conditioner/Body wash
- Sunscreen
- Toothbrush/Toothpaste/Floss