**Prepare to go - Puerto Cabezas, Nicaragua**

**EMERGENCY CONTACT:** If there’s an emergency and you need to be reached while in Nicaragua, the contact is Ken Jaeger, Ph. 303-883-2676. Please leave a copy of this ph. number with someone at home.

**DAY OF TRAVEL:** It is very important to stay together as a team in Houston, in Managua, at the hotel, at the airport and in Puerto Cabezas. ENTERING THE COUNTRY: Please be advised that you’ll need $10 US to enter Nicaragua. There is no exit fee to leave the country.

**MEDICATIONS:** You should pack any and all medications in your carry-on not in your checked bag. Make sure they have your name on the container or they may be taken when you go through security.

**PASSPORT:** It is advised that each team member make two copies of their passport. One copy is kept with an emergency contact. The team member travels with the other copy that is kept separate from the original passport. If a passport is lost or stolen, the copy will expedite replacement of the passport.

**TRAVEL INSURANCE**: Make 2 copies; leave one copy at home with an emergency contact. Carry the other one with you. In the event that a medical emergency may occur in Nicaragua the mission’s staff will assist you in getting medical care so a diagnosis can be made prior to departing the country. This is essential for you make a claim against the insurance policy you have purchased.

**ARRIVAL INTO NICARAGUA**: Once you are through immigration proceed to baggage claim. Claim your bags and continue towards the customs agent. You’ll need your customs form and your passport. Once cleared through customs we will travel to the hotel in a shuttle.

**FOOD AND SPECIAL DIETARY REQUESTS**: The majority of your meals will be served to you on the Verbo campus where the team homes are located. Additionally, if you have special dietary needs, please plan ahead and bring the food you’ll need. Please bring any snacks, protein bars or comfort food that you may resort to for added energy between meals.

**MONEY and CREDIT CARDS**: U.S. dollars need to be without writing on them and cannot have any tears in the bills. Small denominations are best. Understand that you’ll always get Córdobas back in change. The current exchange rate is $1US to 27 Córdobas. Credit cards are accepted at airports and tourist areas. If you choose to bring a credit card, it’s best to call your credit card company and notify them of your travel plans. Cards are often denied internationally without notification of travel ahead of time.

**ACCOMMODATIONS:** Team houses in Puerto Cabezas are very comfortable. Each unit sleeps between 3 and 8 people with a bathroom and shower. Sheets, towels and pillows are provided for each team member. You will need to bring your own shampoo and bar soap.

**REGIONAL FLIGHT INFORMATION**: We check in as a group at the La Costena Regional Airlines which is located at the west end of the airport. The tickets have been paid for.