**Nicaragua - Bring List**

**Passport** - Please check the expiration date.

**Cash**: Approximately $120 – Small bills (tips for laundry, cooks, souvenirs and church offering – (For church offering a check is ok made out to **Verbo Church**)

**Medications**: Advil – Tylenol – Pepto-Bismol - Imodium (**Cipro** for severe diarrhea)

**Shots:** Tetanus (Check with your personal doctor for their recommendations)

**Bible**

**Water bottle** – reusable

**Types of clothes**: Short sleeve shirts, pants for evenings and dress pants and collared shirt or longer dress for church. Shorts can be worn during the day but must be modest and just above the knee, work gloves, hat, (dry fit clothing is recommended) Light rain jacket, tennis shoes & sandals.

**Insect Repellant with DEET, Sunscreen, hand sanitizer, shampoo, soap, toothpaste, toiletries etc.**

**Comfort food/snacks for travel and evenings**

**Small daypack for carry-on**

**Plastic bag for dirty laundry – laundry is done daily on-site**

**Flash light, journal, pen, alarm clock, sunglasses**

Toys for children: Jump rope, baseball gloves, balls, coloring books, stickers, books in Spanish/English, hair barrettes, finger nail polish, crafts, etc.

Cell phones do work but you must call your carrier to activate it for Nicaragua before you leave the US. Make sure you ask about the cost of per minute, text and email data plan, very expensive. Wi-Fi is available at the orphanage.

Pack light – **30 pounds for your personal bag**. No more than one carry on and one checked bag per person.

Laundry – Is done daily at the orphanage.

No alcohol or tobacco allowed at the orphanage