

Holy Spirit Mission and Immersion Trip to Nicaragua Packing List

Large Bag – to be checked

Clothing

- (7) Shorts (work, play)
- (1) Pair of jeans (work, play)
- (8-10) Tee-shirts (work, play)
- (1) Semi-nice clothes for church
- (1) Windbreaker
- (1) Long-sleeved shirt*
- (1) Swim suit
- Underwear for week
- Socks for week
- (1) Pair of tennis shoes
- (1) Pair of work shoes
- (1) Pair of sandals
- (1) Pair of work gloves*

Food / Food supplies

- (1) Large (0.5-1 gallon) thermal water bottle
- (1) Can powdered Gatorade*
- (1) Plastic jar of peanut butter
- (1) Plastic squeeze bottle of jelly
- (1) Box of sandwich size zip-lock bags
- Small snack items such as granola bars or cracker packages

Other

- (1) Copy of passport
- (1) Small flashlight

*Item is not required, but recommended.
If it doesn't fit in your bag, don't worry about it.

Carry-on Bag

Medicines / Hygiene

- Personal medicines and a copy of prescriptions
- Malaria pills*
- Imodium*
- Ex-Lax*
- Pepto-Bismol*
- Sunscreen
- Insect repellent
- Band-aids*
- Antibiotic ointment*
- Tylenol / Advil / Aspirin*
- Washcloth / sponges
- Waterless soap (hand gel) / wipes*

Money

- (1) Easily accessible \$5 bill (\$100-\$150) in 10's, 5's, and 1's – bills should not be marked or torn

Other

- Passport
- Copy of any special medical information
- (1) Day's worth of clothes
- (1) Pair of sunglasses
- (1) Hat
- (1) Bandana*
- (1) Camera*
- Reading material for plane ride*