

Packing list—you'll be carrying this in a carry-on bag, so plan to pack conservatively. You may decide to leave some of these items with folks in Nicaragua if you don't need them back at home.

Don't leave home without these!

Nalgene water bottle  
Flashlight and batteries  
Camera  
Bible and journal  
Musical instruments that are very portable

Personal health kit:

Antibiotic cream  
Sunscreen  
Insect repellent with DEET  
PeptoBismol and Lomotil or Immodium  
Pain reliever of your choice  
Band-aids  
Dramamine or Bonine if you are motion sickness prone

Clothes:

1 pair long pants (light weight, not jeans)  
2-3 pairs long shorts  
3-4 shirts (not tank tops)  
1 long sleeved shirt  
clothes for church or nice dining  
flip flops for the shower  
swimsuit  
work shoes  
tennis shoes  
socks  
jacket or sweater  
raincoat  
umbrella

Toiletries for typical travel

Tools of your trade:

Construction:  
Work gloves  
Tool belt  
Small tools

Teaching:

Bible and school supplies  
Craft supplies  
Stickers and other giveaways

Medical:  
Small tools that you can carry