Packing List of Humanities II Trip

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Following, you will find some suggestions from Enlace Project Staff and previous students to help you pack for your time in Nicaragua.

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| Clothes Packing List* Jeans – including at least one pair that can get dirty
* Pants or nice capris
* Shorts for around the house or weekend trips
* (girls) Skirts/dresses
* (girls) Shirts – tank tops are OK, just not spaghetti strap for everyday use. Light, flowy shirts/tanks are recommended because of the heat
* (guys) Shirts - t-shirts, polo, or button down shirts
* A couple of nice outfits for special dinners or events
* At least one long sleeved shirt/sweatshirt/jacket for the mountains
* Warm clothes for sleeping in the mountains
* Bathing suit & small towel
* Purse/bag with a zipper or other form of closing securely
* Sunglasses
* Flip flops for the beach and showering/around the house
* Sandals
* Comfortable shoes
* Sneakers that can get dirty – for weekend trips, hiking, and working

Note: In El Sauce, and in Nicaragua in general, it is custom for people to wear pants and nice shirts (collared for men) out in public. Shorts are seen as very informal, and rarely used in public, especially when going out at night or going to a restaurant. You can wear bring shorts to wear on the weekends, at night, or in your free time.Other Essentials:* 2 photo copies of your passport (ID info and picture pages) and of all credit/debit cards (both sides)
* Portable flashlight & extra batteries OR headlamp
* Computer
* Umbrella if coming in the summer/Nicaragua’s rainy season (May-November)
* Portable alarm clock/
* Emergency contact info

Personal products* Ladies: Feminine products
* Pepto-Bismol
* Imodium
* Ibuprofen, Advil, or your painkiller of choice
* Prescription medications with prescription
* Sunscreen with a high SPF (sun is much stronger at this latitude)
* Bug spray!!!!!
* Baby wipes/hand sanitizer
* Neosporin
* Bath products – shampoo, soap, deodorant, etc
* Body spray/perfume
* Wash cloth, bandanna, or other thing to use for sweat
* Small first aid kit or basic medical supplies. Band-aids are hard to come by in the pharmacies in Nicaragua.

Other Suggestions* Small backpack for weekend trips
* Ear plugs if you have trouble sleeping with lots of noise
* Photos of family and friends, photos from home/school. These are great conversation starters with your host family.

  **Gift Ideas**It is suggested, but not necessary, bring something small to give to your host family in El Sauce. However, we suggest giving them the gift when you leave their house, not when you arrive. The exchange is more heartfelt and meaningful this way. You could even wait to buy gifts here after you have seen what the family might need. You could get something from the market in Leon, for example. If you would like to bring something from home, here are some ideas:1. Something local from your city or state (Geneseo shirt or hat, maple syrup, “I love NY” mug, etc.)
2. Candy (saltwater taffy, hard candy, etc. Chocolate tends to melt quickly)
3. Household items (kitchen towels, washcloths/hand towels, mugs)
4. Bandannas, hats (baseball caps)
5. Toys, coloring books, crayons for children if the family has small children
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