

AMOS Delegations Packing List

Your personal belongings for the trip to the rural community need to fit in **one backpack** and **one duffel bag** (It is helpful if you are able to pack in only one backpack). When in the rural community you can leave the rest of your luggage at the AMOS headquarters until you return. When you return to AMOS after visiting the community you will be able to wash your clothes (\$2 to wash and \$2 to dry). Please be prepared and bring the necessary items but it is important not to bring excess. Clothes can be worn more than once. **Nicaraguan Climate** -The climate is HOT and humid 80-90 degrees F during the day and 70 degrees F at night. You will sweat during the day and you might get chilly at night. Each community's environment and temperature varies depending on the location. Check with your group leader about which is the climate of your community.

CLOTHING

- _____ **Shoes** (1) Closed toed/comfortable for walking and hard work
- _____ **Sandals** (1) for bathing and walking around in the guesthouse
- _____ **Rain boots** (1) Check with your group leader to see if necessary. Can be purchased in Nicaragua for approximately \$10
- _____ **Socks** (1 pair per day) Tall socks are helpful when wearing rain boots
- _____ **Underwear** (1 per day)
- _____ **Long pants** (3-4) for working and hiking. Lightweight synthetic material or pants that zip off into shorts will help to keep you cooler on hot days and help to guard against mosquito bites.
- _____ **Shorts** (2) Need be knee length. For working and hiking if pants are too hot (Nicaraguans wear mainly pants for working).
- _____ **T-shirts** (1 per day) lightweight, synthetic, quick drying (Cotton shirts are okay but will stay wet longer)
- _____ **Clothes for Sleeping** (1) light weight
- _____ **Warm Jacket** (1) lightweight is sufficient
- _____ **Raincoat** (1) Depending on the season (check with group leader to see if needed)
- _____ **Swim Suit** (1) for bathing or planned recreational activities (Be Modest)
- _____ **Dress Clothes** (1) Men (Colored shirt and pants) Women (Long skirt and modest top)
- _____ **Bandanna** (1-2) Important so you do not breathe in dust on the roads while traveling in the open trucks.
- _____ **Baseball cap or visor** (1) (Optional)

EQUIPMENT

- _____ **Sleeping pad** (Optional) provides more comfort and padding to the cot we provide.
- _____ **Sleeping Bag or Blanket** (Optional) it can get chilly at night in certain areas (Check with your group leader)
- _____ **Small pillow** (Optional) AMOS provides a pillow at the guesthouse but NOT for the rural communities.
- _____ **Top bed sheet** (AMOS provides bedding at the guesthouse but NOT in the rural communities. It can get chilly at night)
- _____ **Bug net** (Recommended for areas with lots of Mosquitos and insects)
- _____ **Towel** (AMOS provides towels at the guesthouse but NOT in the rural communities)
- _____ **Sunglasses**
- _____ **Headlamp or flashlight** (with extra batteries)
- _____ **Water bottle** (2 - one- quart bottles are best) can be purchased for \$10 at the AMOS MARKET.
- _____ **Large heavy-duty trash bags** (3) for dirty clothes and keeping items dry.
- _____ **Camera** (optional)
- _____ **Duct tape** (optional) (1 roll for the group ought to do)
- _____ **Spanish/English Dictionary**
- _____ **Bible**
- _____ **Notebook or Journal and pen**

PERSONAL

- _____ **Toiletries** (Shampoo, body wash, deodorant, toothbrush, toothpaste, girl products)
- _____ **Toilet paper** (AMOS will provide plenty of toilet paper but it can be helpful to have a personal roll for emergencies)
- _____ **Medication** (It is your responsibility to manage your medications during your time in Nicaragua)
- _____ **Glasses or contacts**
- _____ **Sunscreen** (waterproof, SPF 30 or higher)
- _____ **Insect repellent** - make sure that it contains DEET (VERY IMPORTANT)
- _____ **Hand sanitizer** (small bottle)
- _____ **Earplugs** (Very important because there are a lot of animals and people that are loud throughout the night)
- _____ **Snacks** (We provide 3 big meals a day but if you like to snack granola bars or other small items are nice)

WHAT AMOS PROVIDES

- ✓ **Cot** (a one person folding bed that keeps you off the ground)
- ✓ **First Aid Kit** (Basic medical supplies and medicines)

For more information contact:
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