

Mission Trip Preparation Info



PACKING LIST

- Passport, copy of passport, address, phone number, etc.
- Page 2 of this document
- Personal medicines – *All prescription medicines **MUST BE** packed in your carry-on bag*
- \$50 in small bills, **plus** any extra money you want to buy souvenirs
 - This amount allows you to budget for the following items in Nicaragua:
 - \$10 bill to enter country of Nicaragua
 - \$5 to cover special mission trip activities (volcano, etc.)
 - \$5-10 to cover one lunch out to eat (OR eat PB&J for free)
 - Bills **cannot** be marked or torn
- Clothes: 6 shorts or long pants (can be treated with Permethrin for added mosquito protection), 7 t-shirts or long-sleeve shirts (can be treated with Permethrin for added mosquito protection), 1 conservative outfit for church, thin rain jacket, underwear, socks, work gloves, tennis shoes, work shoes, and sandals
 - Clothes will not be washed for you
 - We encourage bringing old clothes and shoes that you can leave behind as a donation
 - Pack one change of clothes in your carry-on bag
- Toiletries
- 1 can powdered “Gatorade” **AND** 1-2 boxes of individual packets of electrolytes (Gatorade, Propel or Pedialyte). ***Please make sure that the can of Gatorade is in a large, sealed plastic bag and stuffed in a place where it will not break open!***
- 1 plastic jar of *peanut butter* and 1 plastic squeeze bottle of *jelly*. *Please pack all of these items in your checked bag as they are considered “liquids” by TSA*
- Small flashlight, Bible, journal, pen
- Water bottle (insulated with a shoulder strap is best)
- Small snack items (granola bars, cracker packages, etc.)
- Sunscreen and insect repellent, hand sanitizer or hand wipes
- Sunglasses, hat, and a few bandanas
- Camera

Drinking water, sheets, a pillow, and a towel will be provided. Please do not bring good jewelry, or computers. Please do not hesitate to ask if you have any questions regarding items that you can or cannot bring.

You may be asked to carry an Amigos duffel bag of supplies. In this case, please try to fit all of your personal items in your carry-on(s). Personal items that do not fit in your carry-on, plus any liquids (like peanut butter!) can be added to the top of the supply bag as long as it doesn't exceed 50 lb.

If you are not asked to carry a supply bag, we would greatly appreciate donations of supplies from our list. Check out our Current Needs List or ask your group leader for guidelines of what you can donate.

Mission Trip Preparation Info



We always need twin extra long fitted sheets for our dorm beds, towels and clip-on electric (not battery) fans.

****PRINT THIS PAGE AND BRING WITH YOU TO NICARAGUA****

Important Information about Your Trip

Before Departure:

- **Get any shots and medications you might need.** The CDC recommends Hepatitis A and an updated Tetanus if necessary. Some clinics advise a series of three Hepatitis B shots, a Typhoid shot, and/or malaria pills. Check with your doctor. **Please put all prescription medication in your carry-on** in case your checked luggage is delayed. We cannot accept anyone on a mission trip who has a **peanut allergy** or some food allergies. We also cannot accept anyone who has a condition that puts them in danger if exposed to extreme heat or strenuous activity. Our facility is not handicapped accessible. We are not set up to handle children under 5 years of age. All participants must **fully disclose important medical information** on their registration so our medical team can review their suitability before departure. If you have **any** reservations about a participant's suitability, please contact the office at 770-614-9250.
- **Please bring OTC medical supplies for your own use.** If you do not finish your supply, please consider leaving them in Nicaragua for use in our clinic.
- **Coordinate with your group leader to collect donations** from our Current Needs List, items specific to projects on your trip, etc.
- **If you can't make the trip,** you must cancel your ticket before the plane is scheduled to depart in order to get any credit for it. Please call your group leader and the Amigos office (770-614-9250) and let us know if you can't make your flight at the last minute. Please do not e-mail Tessa at the Amigos office any urgent last minute information since this will not be seen until the office opens. Instead, please call the emergency number on the office answering machine (770-614-9250).
- **Wear your Amigos t-shirt when you travel.** This helps the group leader keep track of everyone and allows the driver to identify you upon arrival in Managua.
- We suggest that you **purchase a water bottle at the airport before you depart** so that you will have it for the 2.5 hour bus ride to Chinandega.
- **Turn your cell phone "OFF"** to avoid expensive charges during your visit. We encourage everyone to "unplug" from all electronics during the week. **Internet and phone service is very limited in Nicaragua. Internet is only available in the case of an emergency.** If family members need to reach a trip participant in an emergency, they should call the Amigos office at 770-614-9850 and a staff member will contact Nicaragua immediately. If they call the office after hours, a cell phone number is available on the answering machine for such purposes.

Mission Trip Preparation Info



When You Arrive in Nicaragua:

- **If you arrive with a group**, stay with the group and load the bus after you exit baggage claim.
- **If you arrive on your own**, look a driver holding a sign with your name or an Amigos representative. If you cannot find either of these, wait for 20 minutes in the airport lobby. If no one arrives, look for the Movistar cell phone stand in the airport lobby. For less than \$1, you can make a phone call to one of these cell phone numbers:
 - Oswaldo Ayala: 8382 – 3562
 - Amigos Office: 2340 – 2786
 - Shannon: 505-8252-4232
 - Tessa in Georgia: 770-826-7112

Amigos for Christ address in Nicaragua:

Del Restaurante Monserrath

2 cuadras al Norte

Chinandega, Nicaragua

On Your Way Home:

- **Leave behind** dirty clothes, leftover snacks, medicines, etc. as donations.
- **Post your photos** on the Amigos Facebook page or trip Shutterfly site.
- Consider becoming a **regular Amigos supporter!** Call the office or go online to become a monthly donor or to volunteer: <http://amigos.donorshops.com>.
- **Plan your trip for next year!**

****PRINT THIS PAGE AND LEAVE WITH A FAMILY MEMBER****

To Parents and Family Members of Mission Trip Participant,

We are excited to spend a week with your child/family member in Nicaragua! To fully experience a week in Nicaragua, we ask that all of our mission trip participants refrain from contacting home unless there is an emergency. In the case of an emergency, your child/family member will be able to contact you. Please assume that if you do not hear from them while they are in Nicaragua, they are having a wonderful week. You may visit our website (www.amigosforchrist.org) or our Facebook page to see the projects that your family member may be working on.

Contact Information

In the event of an emergency, you can contact your child/family member using these numbers:

- **US Amigos Office (Recommended during office hours):**
 - Tessa Sulimirski, US Missions Director: 770-614-9250 or Tessa@AmigosForChrist.org
- **To directly contact someone in Nicaragua:**
 - Oswaldo Ayala, Nicaragua Logistics Director: 011-505-8382-3562 or Oswaldo@AmigosForChrist.org
 - Elizabeth Hughes: 011-505-8252-4229; Shannon McCarthy: 011-505-8252-4232
 - Amigos Office: 011-505-2340-2786

Participant Flight Information

Please fill in when you have purchased your flights.

Departure Date: _____ Departure Time: _____

Departure Airline: _____ Departure Flight #: _____

Return Date: _____ Return Time: _____

Return Airline: _____ Return Flight #: _____