

Central America Packing Guide

You will hear (and read!) *a lot* of options on packing! Ultimately, pack what works for you. Here are our recommendations (popular brands in italics), dress guidelines and shopping suggestions. Happy packing!

Notes:

- For the first 6 weeks, the whole squad will be serving together at **516 Now in Palacaguina, Nicaragua!**
- For the second half of the trip, the squad will be split between two different ministries: ***Light and Salt Ministries in Ciudad Dario, Nicaragua*** and ***CICRIN Orphanage on Ometepe Island, Nicaragua!*** We have communicated which team you are on!
- At **Training Camp**, you will be provided with a bare mattress, but will be responsible for any additional bedding items (ie: a pillow, sheets, sleeping bag, etc.). *Even if you do not need these things for your specific trip, you will need to pack them for use at Training Camp.*

Staples:

- **Suitcase, Rolling Duffel or Hiking Backpack:** Everything must fit into *one checked bag*. You will be responsible for carrying whatever you bring. Shoot for <45lb.
- **Carry-on:** An average backpack or something smaller.
- **Camping Towel/Sarong:** Quick-dry towels are common but get smelly. Sarongs are common alternatives.
- **Rain Jacket:** Waterproof (not water-resistant), packable and breathable.
- **Outlet converter:** Most countries have different outlets, so Google your trip's location.
- **Bible, Journal & Pens:** For devos, processing and documenting.
- **Sleeping Pad:** Different pads created for different types of sleepers. *Nemo, Exped, Therm-a-Rest.*
- **Sleeping Bag:** Shoot for a bag rated for 35° weather. *Nemo, REI, Marmot.*
- **Travel Pillow (& pillow case):** *Therm-a-Rest.*
- **Sleeping Bag Liner:** Versatile "sheet" for varying temperatures.
- **Light and Salt Ministries Team Only - Tent (with footprint & rain fly):** 2-person freestanding. Shoot for <5lbs. *REI, Marmot* (We encourage the whole squad to come together in unity to make sure this half of the squad is able to acquire enough tents for every member of the team!)

Additional Suggested Staples:

- **Headlamp (& batteries):** Specifications don't matter.
- **Reusable Water bottle:** *Nalgene, Hydroflask.*
- **Small Bag:** For carrying around just a few things (ie. fanny pack, *Kavu*, drawstring bag, purse).
- **Packing Cubes & Stuff Sacks:** Especially useful if you're packing in a hiking backpack, as they keep clothes grouped together and help condense space. *Eagle Creek, REI.*

Travel Necessities

- **Passport:** Must be valid for *at least 6 months after* you return from your trip. Need 1 blank page per country.
- **Face Masks:** Please bring at least **FIVE** reusable masks!
- **Hand Sanitizer:** Every Racer will need to have his/her own bottle of travel hand sanitizer on your person.
- **Spending Money:** We *recommend* \$100-\$200.
- **Additional Government-Issued ID:** Driver's license or comparable ID.
- **Debit/Credit Card (with international capabilities):** Get one that reimburses ATM fees! *Charles Schwab.*

- **2 extra passport photos:** *These do not need to be the same as your passport photo!* Available at drug stores, travel agencies or via apps on your phone.
- **Photocopies of ID, cards & passport:** Helpful “just in case”.
- **Passport Holder, Money Holder or Wallet:** You’ll want something to keep your important things together!
- **Proof of Yellow Fever** (*if applicable*): Check the Center for Disease Control (CDC) for country-specific suggestions. See your profile for more information.

Toiletries

- **Basic Necessities:** The countries you’re going to will have access to these, but brands will be limited. Bring enough to get you started and plan to restock overseas.

Toothbrush & toothpaste

Face & body wash

Baby wipes

Lotion

Shampoo & conditioner

Deodorant

Razor

Sunscreen & bug spray

- **Toiletries Bag:** Many prefer a bag that can be hung.
- **Prescription Medication:** Bring all necessary prescriptions, *including your EpiPen* (if applicable)!
- **Glasses/Contacts/Contact Solution** (if needed): Do not rely solely on contacts; bring a pair of back-up glasses.
- **Over-the-Counter Medicine:** General medications are found in most countries, but you may want a *small collection* to get started.
- **Feminine products:** Most major cities will have these, but they oftentimes will not be comparable to the United States. *Traditional tampons are not available in most countries.* Some women use the DivaCup.

Luxury Items

Participants often like to bring luxury items (meaning they’re not required, but nice-to-have for some!). Pick a couple, just don’t go overboard. Here are examples.

Laptop/tablet

Kindle

Watch

Art supplies

Laundry Bag

Make-up, jewelry

Guitar/instrument

Snacks, drink mix

Dry Shampoo/baby powder

Earplugs, eye mask

Essential oils

Hammock/Eno

Loofah/washcloth

Clothesline/rope

Headphones & splitter

Speaker

Hat, scarf

Camera

Coffee mug

Power strip

Clothing

All clothing must fit within our Dress Guidelines (see next page).

Clothing is tricky, as it’s based on preference as well as the norms of the country and ministry you’re traveling to. We recommend you pack with variety in mind, and bring clothes you don’t mind getting dirty or worn-in. Many participants look up the climates for the place(s) you’ll be traveling and pack accordingly (while abiding by the dress guidelines). Closer to your trip launch, we will share any country/ministry-specific dress expectations, if applicable.

4-8 tops

2-4 pants/bottoms

2-3 shorts

Fleece, flannel, sweatshirt or cardigan

Shoes: Tennis shoes, “shower shoes”, and sandal:

Birkenstocks, Rainbows, Chacos & Tevas

Sleep clothes

Socks, underwear & bras

Swimwear

Women: 1-3 skirts/dresses (at least 1 ankle length)

Men: 1 “church” outfit (nicer pants & collared shirt)

Dress Guidelines

Dress and appearance carry a lot of weight around the world. When you minister in another country, you represent Christ, your local ministry host, and Adventures in Missions. Ministry is so much more than *our* preferences, so understand that your clothing for your trip may require sacrifice.

The following dress guidelines have been created as a *baseline* expectation for your trip. Within some countries, your ministry host may provide additional guidelines based on cultural norms. Participants are expected to honor these at all times, as we never want our dress or appearance to negatively affect ministry.

You will be held accountable to these guidelines at Training Camp and on the Field. Our rule of thumb is if you're questioning it, don't bring it!

MEN:

- **Bottoms** cannot have any rips or holes higher than 5" above the knee.
 - **Shorts** must end *no more than 5"* above the knee. Shorts worn *only when deemed appropriate* by your ministry host.
- Wear a **shirt** at all times, unless sleeping or at the beach (this includes manual labor).
- **Tank tops** can be worn if they are *not* low cut or have large arm holes.
- **Swim trunks** must follow the shorts guideline above (no speedos!).

WOMEN:

- **Bottoms** cannot have any rips or holes higher than 5" above the knee.
 - **Shorts** must end *no more than 5"* above the knee. *This includes athletic shorts!* Shorts are to be worn *only when deemed appropriate* by your ministry host. Shorts should be loose fitting.
 - **Skirts** and **dresses** must be at least knee length. We recommend at least one ankle-length option for certain cultures.
 - **Do not** bring **leggings** or **yoga pants**, unless they're worn for warmth under bottoms that fit the above guidelines.
- **Undergarments** should *never* be visible. Be cautious of loose clothing that may show these. This includes sports bras.
- **Tank tops** can be worn if they are loose but do not show your bra, including sports bras. **Spaghetti strap tank tops** are *not* allowed. Some countries will require at least a cap-sleeve.
- **Bathing suits** must be *full-coverage* (one piece or tankini). No suits with sheer fabric, high-cuts on legs, low-cuts on chest or back, cut-outs. In some countries, you may be asked to wear shorts and a t-shirt.
- **Sleep clothes** should be modest, as sleeping locations are frequently in host homes.
- **Sheer** or **see-through** clothing is not appropriate at any time.

Shopping Recommendations

REI Co-Op: They are usually familiar with us and are so helpful - a one-stop-shop for most of your needs.

Tip: Sign up for a membership first, as you'll earn dividends and rewards on purchases (aka free gear!!).

Wanderlust Outfitters: Run by World Race alumni. They have recommendations, love working with our participants and offer 1-1 help (adventure@wanderlustoutfitters.net). Use **ADVENTURES20** for a discount at checkout!

Your Local Target or Walmart: Always a great option!

Baggage Limits

Adventures is not responsible for expenses incurred for overweight baggage or instruments. We encourage you to pay attention to airline allowances, including budget airlines, as you shop, prepare and pack!