



BEFORE YOU DEPART

- When considering vaccinations, check with your family doctor.
- We do not require any, but the CDC recommends that certain vaccinations be up to date, for example:
 - Hepatitis A and B (both are a series of shots)
 - Tetanus
 - Malaria prevention medication (please be aware of potential side effects)
 - For more information:
<https://wwwnc.cdc.gov/travel/destinations/traveler/none/nicaragua>
- Check with your doctor for any medications/medical supplies you may need, such as:
 - EpiPen for allergies
 - Inhalers, medications, etc. for asthma
 - Diabetic supplies
 - Medicines/medical supplies not found in a common first aid kit
- The Smart Traveler Enrollment Program (STEP) is not required by Deeply Rooted Grounds, however it is something for US Citizens to consider when planning a trip out of the country.
 - STEP is a free service provided by the US Government to US Citizens traveling to a foreign country.

- Allows traveler to provide information about upcoming trip abroad so the Department of State can assist in a legal, medical, or financial emergency. Also provides information about conditions affecting overseas travel.
- To enroll in STEP, visit <https://step.state.gov>

BEFORE THE AIRPORT

- Check in for your flight 24 hours before departure by going to your airline's website; otherwise you may lose your seat.
- Verify the checked baggage size and weight restrictions and applicable fees on your airline's website.

AT THE AIRPORT

- Arrive at the airport at least 2.5 hours before your flight. If you arrive later, you could miss your flight or lose your seat on the plane.
- Check your luggage, go through security, then proceed to the gate to meet your team. Be at the gate 1 hour before the flight departs because you will have to verify your passport at the counter.
- Contact your trip coordinator if you are flying through another city and have questions.

ON THE PLANE

- Complete the customs declaration form and keep your passport handy. Mark "tourism" as the reason for your trip to the country.
- When asked for the address where you will be staying, write: Hotel Café Jinotega, Jinotega.
- Say "no" if asked by a customs officer (or form) if you have prescription drugs. The question refers to prescription drugs for a medical ministry team, not personal medications.

ARRIVING IN MANAGUA, NICARAGUA

- Upon arrival at Augusto Sandino International Airport, you will go through customs, where you will have your passport stamped

and pay a \$10 entrance fee. Set aside a \$10 bill before you leave and present only this amount.

- Put your completed declarations form and \$10 inside your passport and hand it to the customs officer.
- Next, you will be met **INSIDE** the airport by one of our field staff.
 - If Nathan is not there to welcome you due to vehicle problems or traffic, **PLEASE STAY INSIDE THE AIRPORT** until he arrives. Stay together and wait inside the doors.
- Then you will be driven the few hours to the team hotel, where you will meet our other staff who will care for you the rest of the trip.
- The US dollar is used in Nicaragua, so there is no need to exchange money.

WHILE IN NICARAGUA

- Use purified water for drinking and brushing your teeth.
- Food and beverages served at the hotel or by staff are safe to eat and drink. Our field staff will take you to restaurants that safely prepare food and uses purified water. Do not eat anything **(especially fruit)** unless it is prepared for you at the hotel or chosen by our DRG field staff. Ask our field staff if in doubt, and you may politely turn down food.
- **NEVER** go anywhere by yourself and **ALWAYS** let DRG staff know where you and team members are going.
- Do not touch or handle animals (even dogs and cats). These animals do not receive rabies shots or other vaccinations and can carry disease.
- Wash your hands often and keep them away from your face.
- Carry anti-bacterial wipes while in the community and use them as needed (antibacterial gel will just move the dirt around). Remember to be sensitive and use these out of sight of the villagers.

CONTACT INFORMATION

- Nathan Pendleton and your team leader are the emergency contact person while you are in Nicaragua.
- Those in the States can call Clint Dosio if they must get a hold of you while on mission.
 - For an in - country emergency, our field staff will contact Clint Dosio, who will get in touch with your family.

Clinton Dosio: +1 863-510-7741 / Nathan Pendleton: +1 904-770-6304

DONATIONS

- While it feels instinctive to want to give material things to those with such great need, it can be very damaging if handled incorrectly DRG works in a large number of communities and we want to be consistent with the gifts and donations we distribute in them. Our community programs have a strong relational focus, so you may bring any of the "recommended" school supplies and toys listed below to aid in building relationships with the kids. At the beginning of the trip please give all items and donations to our field staff so they can plan accordingly for the week. Please do not bring anything on the "avoid" list.
- **RECOMMENDED:** If you would like to bring gifts, please select from the list below:
 - Toys: soccer balls, nerf footballs, frisbees, jump ropes, bubbles
 - School supplies: stickers, crayons, coloring books, paper. You may bring these to the village each day and use them to build relationships with the kids. At the end of each week, give all items to our field staff to distribute (e.g., to local school, church, etc.)
 - Spanish Bibles (Nuevo Version International preferred)
 - General hygiene supplies: soap, toothbrushes, toothpaste, small bottles of shampoo/conditioner (give to DRG staff who will distribute appropriately). »
 - ❖ At times there are needs for specific hygiene materials; please contact your trip coordinator for additional information.

AVOID

- DO NOT make promises (for yourself, your church/group, or DRG)
- DO NOT give your phone number to anyone
- Please DO NOT bring the following items:
 - Money as a gift to villagers or kids, jewelry, individual gifts (unless preapproved)

Please follow our guidelines and always ask our field staff how to give gifts and NEVER GIVE MONEY TO LOCALS

PACKING LIST

- Label all bags on the outside with your name, address and phone number.
- Carry a copy of your passport and any important medical information in your luggage.
- Keep all necessities in your carry-on bag, including a change of clothes and medications. Sometimes luggage may be delayed and you will only have your carry-on.
- Remember to check your airline's website for dimensions and weight limits for carry-on and checked bags. These charges will not be paid by DRG unless we ask you to carry a footlocker of supplies.
- Pack for a full week, plan to change twice per day, and do not plan to do laundry.
- We recommend packing everything in plastic bags (especially if you are going during the rainy season).
 - 3-4 pairs of long pants or shorts. Most prefer pants over shorts due to the conditions in and around the villages and Dream Center.
 - T-shirts or dry fit shirts; some prefer long-sleeves for sun protection
 - At the Dream Center: No open-toed shoes. It is very muddy and a small hike to the Dream center. DO NOT wear nice shoes and rubber boots are best during most of the year.
 - Comfortable walking shoes.
 - At the village: No open-toed shoes, super short shorts, low-cut tops.

EVERYONE

- Rain jacket (needed for rainy season, May-November)
- Flip flops for the shower
- Comfortable shoes for travel
- Durable, reusable water bottle (e.g., Nalgene or similar)
- Personal care items (shampoo, toothpaste, etc.)
- Cash for souvenirs and coffee in crisp, small bills with no tears or marks (we recommend no more than \$400)
 - DRG Coffee will be available to purchase. \$20 a lb. One bag feeds a child for one month. For large orders over 20 lbs. please place in advance. coffee@deeplyrootedgrounds.org
- Sunscreen, insect repellent
- Prescription medicine(s) in original bottles
- Bible, journal, pen

RECOMMENDED:

- Flashlight
- Earplugs (roosters crow at night!)
- Hat/sunglasses
- Bandanas
- Antibacterial wipes
- Soccer balls, frisbees, or other acceptable gifts
- Sports drink packets to add to water bottle
- Snacks (e.g., granola bars, trail mix, crackers)

LEAVE AT HOME

- Electronics such as laptops, iPads, gaming systems
 - Jewelry (except for a simple wedding ring)
 - Valuables
 - Electrical adaptors
 - **Professional cameras may be confiscated at customs due to political crisis.**
- If you have special eating considerations, please notify your Trip Coordinator.
 - Keep in mind: Safe lock boxes are not available. You will be responsible for your personal belongings.