



GOING TO NICARAGUA-RIVAS?

IMPORTANT TRIP INFORMATION

Please read the following completely before calling Living Water with questions.

Check-in for your flight online 24 hours before departure.

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 (especially important because of the drill equipment you will be handling)
 - » Malaria prevention medication (please be aware of potential side effects)
 - » For more information, visit: <http://wwwnc.cdc.gov/travel/destinations/nicaragua.htm> and http://www.cdc.gov/malaria/travelers/country_table/n.html
- » 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
- » Living Water purchases emergency medical insurance through International Medical Group (IMG).
- » The Smart Traveler Enrollment Program (STEP) is not required by Living Water, 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>

Arrive at the airport at least 2.5 hours before your flight.

Rivas, Nicaragua

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.
- » Wear the Living Water t-shirt that was mailed to you (this will help our field staff recognize your team).
- » 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.
- » You will be at TERMINAL E if you fly through Houston.
- » 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: **Reparto San Juan, I Etapa 3 C al Norte Granada, Nicaragua**
- » 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

- » Upon arrival at the Augusto C. Sandino airport in Managua, you will go through immigration where you will have your passport stamped and pay the \$10 entrance fee. *Set aside a \$10 bill before you leave and present only this amount.*
- » Next, you will be met by our field staff outside the airport. If your flight arrives mid-day you will eat lunch in Managua, then drive to Granada. If you land at night you will be driven to the hotel near the airport where you will spend the night. Our field staff will stay at the same hotel and drive you to Granada the following day.

- » The local currency is the Córdoba but US dollars (bills only) are accepted. When you use US dollars you will be given change in Córdoba's.
- » Take only crisp bills with no tears, marks, or writing. In Nicaragua bills more than 5 years old are not accepted.
- » Exchange rate varies but generally 20 Córdobas = 1 US dollar.

WHILE IN NICARAGUA

- » Use purified water provided by Living Water for drinking and brushing your teeth.
- » Food and beverages served at the team house are safe to eat and drink. Our field staff will take you to restaurants that safely prepare food and use purified water. Do not eat anything unless it is prepared for you at the team house or chosen by our Living Water field staff. Ask our field staff if in doubt, and you may politely turn down food.
- » NEVER go anywhere by yourself and ALWAYS let the field 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

Rita Hough:
832.922.2840

Kim Rathgeber:
832.331.5851

- » Rita is the emergency contact person while you are in Nicaragua. Those in the states can call Rita if they MUST get a hold of you while in-country.
- » For an in-country emergency, our field staff will contact Rita, who will get in contact with your family.
- » Kim Rathgeber is the flight emergency contact person. (If you are unable to reach Kim, contact Jessica Quach: 713.823.0077).

GIFTS & 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. Living Water works in hundreds 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.

Please follow our guidelines and always ask our field staff how to give gifts.

RECOMMENDED:

If you would like to bring gifts, please select from this list:

- 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
- Spanish Bibles (Nueva Version Internacional preferred)
- General hygiene supplies: soap, toothbrushes, toothpaste, small bottles of shampoo/ conditioner (give to the hygiene facilitator who will distribute appropriately).
- » At times there are needs for specific hygiene materials; please contact your trip coordinator for additional information.
- » Hygiene team, please see the Living Well Club hygiene supply list for additional items to bring.

AVOID:

- ✗ DO NOT make promises (for yourself, your church/group, or Living Water)
- ✗ DO NOT give your phone number to anyone
- ✗ Please DO NOT give the following gifts:
 - ✗ money
 - ✗ candy
 - ✗ gum
 - ✗ jewelry
 - ✗ individual gifts
 - ✗ temporary tattoos

PACKING LIST {SEE BACK}

*Drill Team:
Please bring old clothes, as they will become muddy, greasy and may not be rewearable. Out of respect, please do not leave behind dirty clothes as donations.*

*Everyone:
Please remember to dress modestly.*

Carry a copy of your passport and any important medical information in your luggage.

- » 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 Living Water 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).

DRILLERS:

- Leather work gloves
- Work boots or rubber boots (whichever you prefer)
- 3-4 pairs of long pants: Dry-fit, durable cotton ("fly fishing"), jeans, or overalls (shirt must be worn underneath). Note that you will be hot wearing denim.
- T-shirts or dry fit shirts; some participants prefer long-sleeves for sun protection
- At the village: No open-toed shoes, shorts, tank tops

HYGIENE TEAM:

- Lightweight slacks, jeans, capris or long skirts
- Cotton, sleeved t-shirts/blouses
- Comfortable walking shoes
- At the village: No open-toed shoes, shorts, tight clothing, low-cut or sleeveless tops

EVERYONE:

- Rain jacket (needed for rainy season, May-November; no ponchos or umbrellas as they may get caught in the equipment)

If you have special eating considerations, please notify your Trip Coordinator.

Electrical adapters are not needed.

Keep in mind: Safe lock boxes are not available in all countries. You will be responsible for your personal belongings.

- Modest, comfortable clothes to wear around the team house
- Flip flops for the shower
- Comfortable shoes for travel
- Durable, reusable water bottle (e.g., Nalgene or similar)
- Towels, hand towels, washcloths
- 2 trash bags for dirty clothes
- Personal care items (shampoo, toothpaste, etc.)
- Cash for souvenirs in crisp, small bills with no tears or marks (we recommend no more than \$200)
- Travel pouch or small cross-body purse (theft can be an issue; bring something to keep important items close to your person)
- Sunscreen, insect repellent
- Prescription medicine(s) in original bottles in small bag
- Bible, journal, pen

RECOMMENDED:

- Flashlight
- Earplugs (roosters crow at night!)
- Modest swimsuit (no bikinis)
- Hat/sunglasses
- Glasses (during the dry season, dust can irritate contacts)
- Bandanas (to wear under hard hats)
- Antibacterial wipes
- Soccer balls, frisbees, or other acceptable gifts (refer to our gifts/donations guide for complete list)
- Sports drink packets to add to water bottle
- Snacks (e.g., granola bars, trail mix, crackers)
- Camera and charger

LEAVE AT HOME:

- ✗ Electronics such as laptops, iPads, gaming systems
- ✗ Jewelry (except for a simple wedding ring)
- ✗ Valuables (expensive watches and cameras)