

NICA PACKING CHECKLIST

CLOTHING & ACCESSORIES	✓
Underwear (9)	
Socks (9)	
Bras (3)	
Sleepwear	
T-shirts / tanks (4-6)	
Lt weight shirts (4)	
Cool dress or skirts (knee length)	
Lt weight sweater	
Swim suit (1)	
Pants or scrubs for the clinic (3)	
Shorts (1-2)	
Large pack towel (optional)	
Hat, sunglasses	
Sandals / sneakers	
SLEEP ITEMS	✓
Sleep mask / ear plugs	
Personal hammock	
Travel pillow/ sleep pad	
Travel blanket / sleep sack	
Sleep net for El Po	

TOILETRIES	✓
Toothbrush/paste/dental floss	
Shampoo/conditioner	
Brush/comb	
Deodorant	
Sunscreen	
Bug spray	
Personal meds / 1st aid (Pepto)	
MISCELLANEOUS	✓
Blue tooth speaker (1 per group)	
Umbrella for sun/rain	
Books, cards, games...	
Spending \$\$ (must be crisp bills)	
Cell phone, charger, pwr block	
Daypack or bag	
Water bottle	
Headlamp with batteries	
Stethoscope/other equipment	
Laundry soap	
Bubble wrap for pottery	
Drink mix for dehydration	