

FULL COUNT TRIP PACKING LIST

Reminder: You will not be able to check a bag if you are flying from Nashville because FC will use your checked bag to pack baseball equipment. Everything must fit in your carry on. You are allowed 1 carry on and 1 personal item. We will have a checked bag available to pack donated items and your spikes/gloves.

Remember the 3-1-1 rule for liquids (each item must be 3.4oz or less, 1 bag per person, 1 quart size bag).

Carry On



Clothing (there is one small washing machine at the mission house that is available for use):

- Tshirts and athletic shorts
- Pants – jeans or khakis (for church - no shorts in church)
- Tennis shoes
- Shower shoes (flip flops)
- Undergarments
- For summer trips:
 - Uniform – you will receive a hat, 1 tshirt and 1 jersey from FC
 - Spikes
 - White pants (no piping)
 - Navy socks
 - Navy belt
 - Glove

Linens (the mission house will have a pillow, sheets, and light blanket on your bunk):

- Towel
- Washcloth (or bath poof)

Toiletries:

- Toiletries (shampoo & shower gel provided in showers at mission house)
- Personal medications
- Hand sanitizer

Misc:

- Bible
- Missions Journal
- PASSPORT
- Water Bottle
- Cash (small bills, \$10s or less)

For Summer trips, we need the following items if you can donate or collect:

- Spray Sun Screen
- Bug Spray

FAQS

If my child is a minor, do I need any special travel documentation?

We do not require minors to travel with any type of letter of consent from parents. The US government issued passport is suffice for travel into Central America.

Are there COVID restrictions and shot requirements to travel to Nicaragua?

No vaccinations or shots are required, this includes the COVID vaccine, it is not required for travel. **A negative COVID PCR Nasal swab test is required to enter Nicaragua, and a negative tele-health test is required to re-enter the US on the way home.** Full Count will coordinate the COVID test in Nicaragua to return to the US. If traveling from Nashville, Full Count will also coordinate the test to enter Nicaragua at a local lab in Nashville. If you are not flying out of Nashville, we will work with you to find a testing facility with the correct test you will need.

What language will they speak, how will we communicate?

Spanish, we will have translators with us anytime we are in the community. Our translators are also Full Count's missionary staff in Nicaragua!

Where will we stay?

If traveling to Mozonte, Nicaragua you will stay at the Full Count mission house. There are bunk rooms where we sleep, a kitchen, bathrooms, showers, etc.

If traveling to Chinandega, the team will stay at the Spates family mission house. There are bunk rooms where we sleep, a kitchen, bathrooms, showers, etc.

The day before flying out we travel back to Managua and spend the night in Managua at a hotel close to the airport.

What will we eat and drink?

We have local staff that caters 3 delicious meals a day. They cook Americanized Nicaraguan meals. We promise you won't go hungry! There is a store where you can get American snacks. **We DO NOT drink the local water**, we have purified water for drinking (and brushing teeth). You can drink any canned or bottled drink you buy in the stores as well.

How much money should I bring?

You will need \$10 cash to enter customs in Nicaragua, we recommend having exact change. Once you land in country, until you board the plane back to America, meals, travel, accommodations, etc are included. You will use personal spending money to buy meals at the airport on both travel days, snacks while we are in country, and to buy souvenirs if you would like. It is up to you how much you bring, but \$150-200 is a good starting point. If you are planning on buying lots of souvenirs (or snacks), plan accordingly. Tipping of our ministry staff is acceptable, but not required or expected, the amount is up to you.

Some toiletries aren't on the packing list?

We will provide bug spray, sunscreen, and general medications (like Tylenol, Pepto etc). Large bottles of shampoo and body wash will be in the showers for everyone to share if staying at the mission house! If you prefer bringing your own "stuff" that is completely fine!

Will we be able to communicate back home?

Yes! There is limited wi-fi at the mission house (or hotel), so you can iMessage, Facetime, email, etc. We will update Full Count's social media pages throughout the week, so be sure you follow us! You can check with your cellular provider about international rates if you are interested in using your phone while in Nicaragua. Parents, **we HIGHLY recommend not turning on international service for your child.** We have found that guys who have international service do not engage with the group as much as guys who do not. If there is an emergency, all Full Count Staff have international service.