

## HOW TO PACK FOR A NICARAGUA TRIP IN A CARRY-ON

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Here is what I would bring for a week-long trip to Nicaragua in a carry-on:

**Itinerary:** Jungle hiking, visits to project sites, dinners out, boat ride, beach

**Weather:** September. Hot in the city, cooler in the mountains, possible rain in the afternoons

**Bags:** One carry-on, one sturdy day pack, one small cross-body purse

**Electronics:** E-reader, camera, cell phone

### **Clothing:**

Dresses: 2 loose summer dresses, mid-calf length, wrinkle-free—Patagonia, for example

Capri leggings (to wear with dresses if cold)

Shirts/blouses: 4 T-shirts, 1 loose cotton blouse, 1 long-sleeved jungle shirt (from REI or Columbia, for instance)

Pants: Black Patagonia “miracle” pants (wear on plane, great for hiking and boating), shorter pants, nicer lightweight Capri pants

Pajama nightie

Shawl that works with dress for evening

Swimsuit and sarong or cover-up (could double as nightie) for the beach

**Outerwear:** Lightweight rain jacket, lightweight sweater

**Intimates** in a small zip bag with hiking socks

**Shoes:** Low waterproof hiking boots (Keen, for instance), lightweight low-heeled sandals, sneakers

**Other:** Sun hat! Water bottle, vitamins, medications, toiletries (small portions), extra reading glasses, laundry powder, small laundry bag, cheap necklaces, extra ziplocks, sunscreen, sunglasses, notebook, pens, hair brush.

### **NOTES:**

--This would be a great trip to bring T-shirts and other summer clothing that have a little wear left but you'd be happy to leave behind—the people can use them, and you'll have more room in the suitcase on the way back.

-- Nicaragua is very humid, so don't count on rinsing clothes out and having them dry. Bring plenty of intimates.

-- Nicaragua exports great coffee, but don't serve the best in many of their hotels; bring some coffee along as well as a plunger cup and one of those little things that heats water in the mug if you're a real coffee enthusiast; otherwise, bring tea.

--Don't forget bug spray!

--Don't worry about bringing many fancy clothes—one or two simple dresses that go from day to evening with a shawl will be fine in this country. Leave your jewelry home.

--Bring a few easily packable treats for the children—colored pens, small bags of nutritious treats (raisins), postcards of where you live, coloring books, etc.