



NICARAGUA PACKING CHECKLIST

Volcanoes, jungle rivers, beaches and a crater that glows.

WEATHER

Hot and humid. Cooler in the cloud forest and at night.

PLUGS

Same as the US. 120V.

MONEY

Córdoba. Clean, small US dollars widely accepted.

DRESS CODE

Casual. Cover shoulders in churches.

MUST-HAVE

Closed-toe shoes for the volcano and zipline.

CLOTHES

- ☐ 4 to 5 quick-dry tops
- ☐ 2 pairs of shorts
- ☐ 1 pair of light long pants or leggings
- ☐ 1 or 2 sundresses
- ☐ Light long-sleeve layer
- ☐ Light jacket or fleece
- ☐ 1 or 2 swimsuits and a cover-up
- ☐ Clothes you don't mind ruining

ADVENTURE DAYS

- ☐ Bandana or buff
- ☐ Hat that stays on
- ☐ Dry bag
- ☐ Sunglasses with a strap

SHOES

- ☐ Sneakers or trail runners you can get dusty
- ☐ Water shoes or sport sandals
- ☐ Flip-flops

DOCUMENTS AND MONEY

- ☐ Passport (6+ months validity)
- ☐ Travel insurance details
- ☐ Debit card plus a backup card
- ☐ Small, clean US dollars

HEALTH AND TOILETRIES

- ☐ High-SPF sunscreen and SPF lip balm
- ☐ Pain relievers and electrolytes
- ☐ Band-aids and blister care
- ☐ Stomach meds
- ☐ Hand sanitizer, wipes, tissues
- ☐ Period products
- ☐ Prescription meds plus extra days
- ☐ Insect repellent (DEET or picaridin)
- ☐ Motion sickness tablets
- ☐ Reusable water bottle

TECH AND EXTRAS

- ☐ Power bank
- ☐ Waterproof phone pouch
- ☐ eSIM or local SIM
- ☐ Offline maps

THE THING EVERYONE FORGETS

More sunscreen than you think. Between the beach, the bike ride and the volcano, you will go through it.

MY EXTRAS
