



Amaru Nicaragua

IMMERSE YOURSELF INTO
CONSCIOUS LIVING

PACKING LIST

- Backpack for day trips
 - Re-usable Water bottle
 - Clothes for yoga
 - Beachtowel / Sarong
 - Sneakers, Flip Flops
 - Sunglasses, Hat
 - Strong sunblock
 - Strong insect repellent (natural preferred)
 - Flashlight
 - USB Stick
 - A good book
 - Personal Medication (if needed)
 - Basic first aid
 - Basic toiletry (natural products preferable)
 - Surf rashguard and zink
 - Light summer clothes and swim gear
 - Light long pants and waterproof jacket
- Bring Extra cash in USD - only ATM at airport or gas station on the way

IF YOU CAN, BRING
DONATIONS FOR THE
COMMUNITIES LIKE OLD
CLOTHES, SHOES, SCHOOL
SUPPLIES, TOYS AND SPORTS
EQUIPMENT

GET IN TOUCH WITH US TO GET MORE INSIGHTS

WWW.AMARUNICARAGUA.COM