

Nehemiah Team Packing List

Clothing

- Comfortable flip flops...preferably rubber that can get wet
- A pair of jeans or casual long pants/Capri pants
- Knee length shorts
- T-shirts
- A pair of close-toed shoes
- Collared shirt with short sleeves for men
- Blouse/dress shirt with sleeves for women
- 2 long-sleeved shirts or a thin jacket (It will be winter here and in the 50's in some places on the Island)
- Bathrobe or conservative pajamas (your restroom may be outside your house)
- Bathing suit (one piece or tankini for girls)
- Hat or sunglasses
- Underwear/socks/sports bra
- Church clothes: One set of slacks/skirt/shirt

General guidelines for clothing:

- Team members will wear long/capri pants & clean shirts during ministry time.
- Sleeveless shirts are not permitted.
- Modest shorts are permitted to be worn in your home or at the beach.
- Girls: Shorts should reach a couple inches above kness when standing. No "Sofee" shorts. Skirts should also reach the knee.
- Tight fitting pants/shorts/skirts are not permitted.
- Male team members should wear a shirt at all times.
- Female team members should wear dark colored clothing when bathing or swimming with nationals.
- No shirts that are tight fitting or expose the midriff.
- 3 pairs of pants and 5 shirts should be sufficient for everyday wear.

Other Important Items

- Sea bands or Dramamine (for motion sickness on very curvy roads)
- Flashlight/Headlamp (batteries available here)
- Camera
- Nalgene bottle, canteen or other water bottle
- Pepto bismol tablets
- Ibuprofen/Aspirin
- Prescription medications (if you take them)
- Tampons, if you use them (hard to find here, but pads are readily available)
- A backpack or “beach bag”
- Wash cloth & Bath Towel (may prefer a gym or camping towel that is lighter weight and dries faster than regular towel)
- Bible/ Devotional materials
- 6 photocopies of passport picture page (kept somewhere other than with passport, like in your suitcase)
- Journal
- Bug repellent
- Wet wipes
- Sunscreen
- Soap/Shampoo/Shower gel/Lotion/Deodorant/Toothpaste
- Pictures of your family to show others here
- List of important phone numbers/e-mail addresses
- \$650.00 US dollars cash...crisp dollar bills
- \$200.00 optional spending money or ATM card to access spending money
- 1 set single bed sheets to sleep on
- Hand sanitizer

Gifts to bring to give away

- Card games: Uno, Skipbo, Playing cards, etc.
- Children's books in English (used books are fine)
- Small toys/stickers/ candy to give to children
- English Bible to leave with translator

Food Items

- Your favorite breakfast items for the entire summer: granola bars, instant oatmeal, cereal bars, pop tarts, etc. The locals eat rice for b'fast so these things are not readily available here.
- 10 meals that you can cook on the stove top without many other ingredients, such as: Velveeta shells and cheese, pasta with sauce or back pack meals from a camping store where you just add water (for those nights when you just don't want to eat rice AGAIN!) Ramen noodles are readily available here.
- Snack foods such as: peanut butter crackers, snack size chex mix, trail mix, etc.

Village Teams will also need:

- **"Mess Kit"-bowl, fork, spoon, knife, cup (often found in camping store & can easily be thrown in backpack)**