

Nehemiah Teams 2020 Adventure in the Big City



Clothing - Ladies

- Ankle-length skirts, modest shirts (make sure it comes up high enough on your chest) with modest sleeves; no clothing with American logos, no mission trip t-shirts. Inexpensive skirts can also be purchased locally.
- Shorts & jeans – you can wear these when you're not working but never in the ministry area; however, jeans are okay for church. Shorts must be close to knee-length when standing.
- Shoes – just wear what's comfortable, you'll be walking a lot in the neighborhood.
- Sweatshirt and rain jacket
- Small backpack

Clothing – Men

- Jeans and khakis are okay for work
- T-shirts and button ups
- Shorts can be worn when not in ministry area
- Avoid wearing or bringing clothing with American logos or mission trip T-shirts
- Rain jacket
- Small backpack

Toiletries

- If you have particular brands of deodorant, toothpaste, soap, etc., that you like you can bring those with you, but all of it is available locally.
- Medicines – Tylenol, creams, band-aids, and other over-the-counter drugs are also available locally
- If you use certain prescription meds, you may want to bring enough with you for your entire stay here
- Malaria meds are **not** needed here
- There is good healthcare in Nairobi.

Electronics

- Most electronics now work on dual voltage. Plug adapters can be bought locally. You do not need to bring a converter.
- Don't bring a hair dryer or other appliances from the States. They almost always burn out. Local hair dryers only cost about \$35.
- Bring a good flashlight.

Misc.

- Bible/journal
- Photocopy of passport to carry with you
- Don't bring anything that if it were to get stolen, it would really bother you.

Orientation/debrief items

- Bedding during orientation/debrief: self-inflating sleeping pad or foam pad, sheet/lightweight blanket, small pillow (no electricity on site for blowing up air mattresses)
- Outdoor bathing stations: All students will need dark colored shorts & shirts to wear while bathing. Flip-flops recommended.

- All students need a towel for bathing.
- Personal water bottle (recommended 1 qt capacity)
- Headlamp/flashlight
- Watch w/ alarm or battery-operated alarm clock
- Rainjacket/poncho or umbrella
- Handheld mirror
- Mosquito repellent w/ DEET
- Hand sanitizer
- Toilet paper (2 rolls) or disposable wipes

Packing information

- All students will be issued a backpack/duffle bag by Nehemiah Teams to use as your checked piece of luggage. The size of the bag is 4300 cubic inches or 70 liters. The cost for using the bag is included in your field expense. You will get the bag upon arrival at orientation and re-pack your belongings for the summer. There will be room to store your personal bag & any extra items you choose to leave behind during the summer. If you can't get it all in that... then you've got too much! You will be able to wash almost everyday (you will be washing by hand).

Banking Information

- You should bring an ATM card and a credit card.
- About 3 weeks before you leave, it would be good to notify your bank and credit/debit card companies that you will be living in Nairobi for 2 months, so that when they see charges from here, they won't freeze your card. Then, you should probably call again a day or two before you leave just to confirm.
- As for US dollars, you may want to bring about \$200 that are as new as possible.