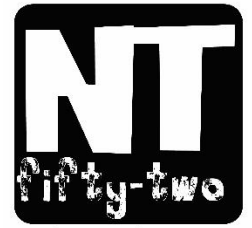


Nehemiah Teams 2018 Kids Lovin' & Learnin'/Self-Defense Instructor (Girls) Packing List



Clothing

- DO NOT BRING ANY SHORTS THAT ARE ABOVE THE KNEE (except one pair for swimming). DO NOT BRING ANY TANK TOPS or TOPS THAT SHOW **ANY** CLEAVAGE. This is a very conservative culture.
- Daily Ministry clothes (pants/capris: NOT SKIRTS. SKIRTS IDENTIFY YOU WITH A POPULAR CULT HERE with collared shirt/blouse.- highly recommend quick dry/moisture wicking, thin material since you will sweat a lot and hand wash your clothes) 3 bottoms, 5 tops. Bring 3 collared shirts/blouses and 3 t-shirts.
- underwear, socks
- sleep clothes- long shorts, t-shirts
- swimsuit (can have 1 piece swimsuit with shorts and t-shirt (not white t-shirt worn over swimsuit), towel- again, thin, quick dry is good for when you hand wash and hang it to dry
- Shoes: tennis shoes or trail shoes or hiking sandals for house Bible studies or youth activities, water shoes to protect your feet in the ocean (1 pair)
- knee length shorts (Bermuda) for day off & around the house. No "Soffee" shorts or running shorts. I repeat, NO RUNNING SHORTS OR SHORTS ABOVE THE KNEE.

Other important items

- Bible & discipleship materials (provided at orientation)
- *Spiritual Warfare* book
- 2 passport size (2"x2") pictures to be used for view renewal
- Additional ID other than passport (driver's license/student ID/etc)
- towels & washcloth (light, quick-dry is best)
- personal eating utensils: plastic plate, water bottle, bowl, spoon/fork (fork must be in checked bag to avoid being confiscated at airport security)
- bedding (twin sheet, pillow)
- small backpack or slingbag for daily use
- xerox copy of passport picture page (pack separately from passport)
- list of important phone numbers/email addresses/mailling addresses
- waterproof sunscreen/sun block/hat (sunscreen is very expensive here)
- Small bottle of aloe-vera gel in case you forgot to apply sunscreen and get sunburned
- Sunglasses
- Camera
- insect repellent (Off lotion is available locally)
- prescription medicines- 2 month supply, you may not be able to get it here
- tampons, if you use them (not available here, but pads are)
- pictures of family & friends to show
- small gifts to give away (candy, stickers, keychains of your home state, etc.) And 2 gifts for your Filipino partners, such as a hat or moisture wicking t-shirt (X-small or small size) (Christian or from your school/state), a book, bag, etc. Best to get a gender neutral one.

Foodstuff

- We would suggest bringing some of your favorite breakfast and snack items: packs of crackers, granola bars, instant oatmeal, Gatorade powder, trail mix, etc.

Packing information

- Nehemiah Team members will receive a duffel bag/backpack to use for the summer. A deposit/usage fee is included in your field expense budget. You will pick up this bag when you arrive at orientation and re-pack your things. There will be room to store your original bag & extra items over the course of the summer. This will be your checked piece of luggage. In addition you can have a carry-on (weighing less than 15 lbs.). Bag capacity: 70 liters or 4300 cubic inches. Weight limit: 40 lbs
- You can buy rechargeable flashlights and personal hygiene items here to lighten your load on the airplane: such as shampoo and conditioner, soap, toothpaste, hand sanitizer, toilet paper, etc.

General guidelines for clothing

- (Campus team) You will be working in a school setting. Students wear school uniforms. Slouchy, ragged, or torn clothing will not be appropriate. You must dress professional-office attire.
- Team members will wear long pants/capris & clean shirts during ministry time.
- Sleeveless shirts are not permitted for guys or girls. (This includes tank tops.
- Body piercings (other than earrings) are usually associated with drug users. Please remove these before you come.
- No shirts that are tight fitting, show cleavage, or expose the midriff or bottom.
- No military-type clothing or accessories. No camo hats, bags, shirts or pants.
- Girls swimsuits should be very modest. Girls here swim in shorts and t-shirt (not white t-shirt)
- If you not sure if something would be appropriate (especially if you're in a very conservative culture) please ask your supervisor.

Orientation/debrief items:

- All teams will need personal eating utensils for orientation/debrief: plate, bowl, cup, silverware
- All teams will need bedding during orientation/debrief: self-inflating sleeping pad, sheet, small pillow
- All teams will be bathing outdoors during orientation/debrief. All will need dark colored shorts & shirts to wear while bathing.

If these items aren't needed on the field there will be a place for you to store them over the summer, ready for you when you return for debrief.