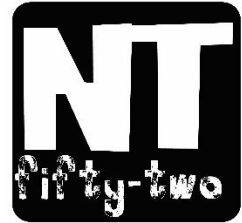


Nehemiah Teams 2018

Take it to the Rim/Self-Defense Instructor Packing List



Clothing:

- Ministry clothes (pants/jeans/nice cargo-type shorts with clean shirt) 3 pants, 5 shirts. Quick-dry/moisture wicking, thin materials is recommended due to climate & hand washing
- If on basketball team, make sure you have a couple sets of “game clothes” and your shoes ☺
- underwear, socks
- sleep clothes
- swimshorts or basketball shorts 3 pair
- Shoes: tennis shoes or trail shoes or hiking sandals. Water shoes to protect your feet in the ocean

Other important items

- Bible & discipleship materials (provided at orientation)
- *Spiritual Warfare* book
- 2 pcs 2”x2”passport size pictures for visa renewal requirement
- 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- enough for every day (more can be purchased locally)
- prescription medicines- 2 month supply, you may not be able to get it here
- 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 (small size) (Christian or from your school/state), a book, bag, etc. Best to get a gender neutral ones.

Foodstuff

- We would suggest bringing some of your favorite breakfast items: granola bars, instant oatmeal packs, beef sticks/jerky, peanut butter, small energy shots, Gatorade powder, etc. If you have specific questions about available foods, just ask.

Packing information:

- You 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 this 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 every day (you will be washing by hand).
- You can buy additional personal hygiene items here to lighten your load in packing: shampoo, soap, toothpaste, etc.
- If you are asked by your field supervisor to bring equipment or personal items for them, these can be packed in a 2nd piece of checked luggage. Good idea to pack this as a team once you arrive at orientation.

General guidelines for clothing:

- Sleeveless shirts are not permitted for guys or girls. (This includes tank tops.. exception to this is basketball team.)
- No military-type clothing or accessories.
- If you not sure if something would be appropriate (especially if you're in a very conservative culture) please ask your local supervisor before coming or just chose to leave it at home.
- Men here do not wear earrings. If you do, you will likely be thought of as gay. Also, body piercings are usually associated with drug users. Please remove these before you come.

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.