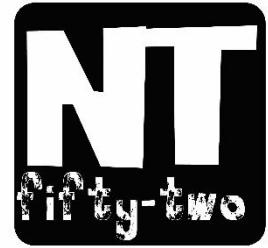


Nehemiah Teams 2018

Teach, Heal & Hoops Packing List



Clothing (Quick drying clothes are best.)

- Clinic clothes: a pair of pants and a white polo shirt to wear while on duty in village health centers and accompanying local village health care workers. (A polo shirt has a collar with a few buttons at the neck.)
- Ministry clothes: Quick dry clothes are best.
 - Girls wear capris/pants & t-shirts with sleeves (2 bottoms, 3 tops) and guys wear below the knees shorts and t-shirts with sleeves (2 bottoms, 3 tops) for home visits and Bible studies.
- Church clothes:
 - Girls can wear pants or skirt (TO the knees) and a blouse with sandals (1 set). A dress is also fine but must be TO the knees or longer.
 - Guys wear pants and a button up shirt with sandals or shoes (1 set). This would also be appropriate to visit government offices.
- Around the house clothes: t-shirts (with short sleeves for both guys and girls) modest shorts. No "Sofee" shorts or running type shorts. **Any shorts must be TO the top of the knee when standing for guys and girls.**
- Bathing: dark colored t-shirt & shorts. There will be times when you are in a community that you will be bathing at a community pump so you'll need to be prepared. All teams will need this for orientation/debrief also.
- Sleeveless shirts are not permitted for guys or girls. (This includes tank tops.)
- No tight fitting jeans, pants, or shirts that expose the midriff.
- No military-type clothing or accessories.
- No v-neck Tshirts for guys or girls. Only round necked Tshirts.
- If you are not sure if something would be appropriate please ask your local supervisor before coming or just chose to leave it at home.

Other

- Bible/devotional materials/journal
- *Spiritual Warfare*
- 2 pcs 2x2 passport photo (color photo w/ white background)
- Basic first aid kit (This is to be used on others, not just yourself. Something small enough to stick in your backpack as you do home visits, etc. You can buy and replenish your supplies here as needed.)
- Stethoscope (not necessary for all team members, just enough so each team has one. NT has some that will be available to borrow)
- Portable blood pressure apparatus (not necessary for all team members, just enough so each team has one)
- thermometer
- Additional ID other than your passport- could be a driver's license, school ID, etc.
- Bedding (self-inflating style sleeping pad, sheet, small pillow) Sleeping pad needs to be type that can be rolled up & secured to your backpack for travel to villages
- Towel & washcloth: Quick-dry, backpacking type is nice.

- Sturdy water bottle, at least 1 liter capacity (Nalgeen type)
- Personal eating utensils: plate, cup, bowl, spoon/fork
- When swimming at the beach with Filipinos, girls will swim in shorts and a t-shirt. If you do bring a swim suit, be sure it is a modest one-piece with cover up. They should not have a low or V-neck. The competitive speedo style is what is needed without high cut legs, also.
- Poncho or rain jacket. A poncho that can cover you & your backpack is ideal.
- Prescription medicines (for personal use)
- Sunscreen
- List of important phone numbers/email addresses
- Girls- Tampons, if you use them. They aren't available here. Pads are plentiful!
- Day size backpack is needed for carrying your things from place to place.
- Sandals are appropriate: a pair of sturdy hiking sandals are good.
- Xerox copy of your passport bio page packed separately from your passport.
- Pictures of your family and/or boyfriend/girlfriend with a background that doesn't accentuate wealth and with no public display of affection with boyfriend/girlfriend.

Foodstuff:

- Backpack Meals (Mountain House): NT recommends that you bring 5 or more of these to help provide a quick meal.
- Bring some of your favorite breakfast items if you like: granola bars, instant oatmeal, cereal bars, 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. Upon arrival at orientation you will re-pack your belongings in this bag. There will be a place to store your original bag 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).
- After arriving in Manila, you will be taking another short flight to Bicol. Check with the airline to confirm what your luggage allowance is. It's possible that it may be reduced to 33 lbs per person (not per bag.) It is best to not go over this weight limit. The reason for this is you will be carrying all your luggage with you all summer, often traveling on public transportation and maybe hiking. In addition to your own luggage, there will be team gear – cooking gear, water filter, food, etc. that you will need to divide up. Also, many of the people you will be ministering to are poor and don't even own 33 lbs worth of stuff. So try your best to keep your luggage below this weight limit. You will be able to weigh your bag at orientation.
- You can buy additional personal hygiene items after you arrive to lighten your load in packing: shampoo, soap, toothpaste, etc.