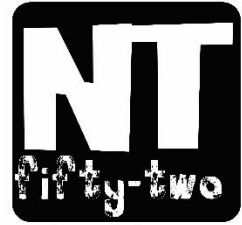


# Nehemiah Teams 2020

## Whatever it Takes 4 Cambodia



### Clothes

#### *Everyday Attire*

- Most people prefer comfortable flip flops. You can bring normal athletic shoes, but keep in mind you will be taking them off every time you go into people's homes.
- 2-3 Jeans/casual light weight long pants. Women can bring capri pants.
- 1-2 pairs of modest shorts (knee-length)
- 4-5 T-shirts or other casual shirts
- 2-3 Collared shirt with short sleeves for men
- 2-3 Blouse/dress shirt with sleeves for women
- Sleeveless shirts are not permitted
- Tight fitting pants/shorts/skirts are NOT permitted.
- No shirts that are tight fitting or expose the midriff. No low cut shirts.

### Orientation/debrief items

- Bedding during orientation/debrief: self-inflating sleeping pad or foam pad, sheet, 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

#### *Around Your House*

Shorts are only appropriate around your house, but even then ladies should only wear shorts that are at least close to knee length. Even inside the house, you'll be maintaining a testimony to your neighbors so it's best to go as modest as possible. Girls can also wear very modest sleeveless shirts around the house at night, but not when students are visiting. A lot of Cambodian men wrap a piece of cloth around themselves and go shirtless around the house. Guys... please don't be that indigenous.

#### *Out on the Town*

**Shorts are inappropriate.** Other foreigners will wear shorts and you will see an increasing number of Cambodians wearing them, but as a whole Cambodian culture regards shorts as inappropriate attire.

Blue jeans or khaki pants are both ok. Go with whatever works best for you in 95 degree temperatures that fits the modesty of the Cambodian culture.

### Swimming

There may be opportunities to swim or go to a waterpark. Guys can swim in normal swimsuits or shorts. Cambodian women usually swim in pants and long-sleeve shirts. Girls can bring your normal swimsuits but should have knee-length shorts/capris and a t-shirt to wear over your swimsuit.

### Luggage

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 re-pack your belongings in this when you arrive at orientation. There will be a place to store your original bag & any extra items you choose to leave behind. 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).

### Electronics

Although you can purchase converters in the U.S. and use some of your electronic devices, there is a good chance that they will burn up or break if you use them in Cambodia – even with the converter. It is best that you not bring anything (hairdryers, electric razors, etc.) that you would need to plug in.

### Money

You will not need to exchange money. Cambodia uses American currency for anything over \$1. Cambodian “riel” is used for anything under \$1. Check with your field supervisor to confirm your field budget amount. Bring \$200-300 in CASH per person and you can access an ATM after you are settled in. Big bills can be hard to break, so it's best to bring your cash in \$20 bills or smaller. Most vendors will NOT accept your money if the bills are too old, torn, or have writing on them.

### Bedding

A mattress, one pillow, one set of sheets, and one towel will be purchased for you prior to your arrival. You will be asked to reimburse these expenses after you have settled in. These costs are already included in your housing budget. You will need to provide bedding during orientation & debrief. (See section above)

### Toiletries

Everything you need is available here – toothpaste, shampoo, soap, etc... but it's best if you bring enough to get you by until you can make a trip to the market. Women, bring tampons if you use them, they aren't available here.

### Foods

Don't worry... you won't starve here, so don't try to cram too many snacks into your bags. You can bring something if you like, but M&M's and other sweets are available here. You'll also have plenty of opportunities to eat at western style restaurants. For the right price, you can even find Dr. Peppers and root beers and Doritos in Cambodia.

### Bibles and books

*Spiritual Warfare* book (pre-field reading list)

Feel free to bring your Bibles and any books you might want to read over the summer. Don't worry about trying to hide them or anything. It's perfectly ok to bring those kinds of materials into Cambodia.

### **Pictures**

These aren't essential... but students love pictures. It's always nice to have some pictures to show them of family, grandparents, house, university, friends, church, places you like to go. It's good to have some that you know might lead you to more spiritual conversations. Students will want to get to know you, so be prepared come up with ways to let them know you.

### **Gifts for Students**

Students always love gifts – cheap ones – but ones that are from the US. It's always nice to have something to give them because they might give you gifts also. Things like: postcards from your state or university, pencils, pens, notebooks, etc. would be fun for them to get. Don't spend more than like fifty cents on something. You might bring one or two things that are a little more expensive (like a school shirt, hat, or something like that) if you make a special friend that you'd like to give them something more. Don't feel like you HAVE to get any of these things, but you can if you want.

### **Games**

If you have any small games (deck of cards, Uno, etc) that somebody could learn to play in simple English, those would be great to bring.

### **Medicine**

Bring any medicine that you need in case of emergency. As a team, please bring a first aid kit with Tylenol, Benadryl, pepto, allergy medicine, cold medicine, sunscreen, band-aids, etc. Those medicines are usually available in Cambodia, but not as cheap and not always convenient.

ASTHMA Warning: Those with even minor asthma issues should bring an inhaler and any extra asthma related medications you might need. The extra dirt and pollution in the air has had an extra affect on several volunteers who have had asthma.

### **In General**

Don't overpack! You'd be surprised how much you can live without. It can be pretty refreshing to simplify your life and take a break from "stuff" while you're here. Also, the more things you bring, the more you come across as the wealthy and wasteful foreigner.

Also, don't bring anything that you couldn't live without if it was stolen, broken, or lost.

