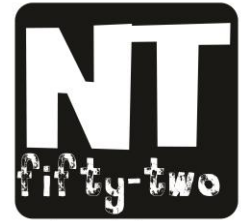


Nehemiah Teams 2019 CAMP & COMMUNITY



CLOTHING (quick dry or 50/50 blend clothing is best as we don't have access to dryers and 100% cotton takes a long time to dry)

- 8-10 T-shirts (make sure you bring a red shirt & blue shirt)
- 4-5 casual shirts
- 2-3 long-sleeved shirts (T-shirts, casual)
- 2-3 lightweight casual pants (jeans, khaki, etc)
- 1 or 2 dress outfits; (guys: pants and a collared shirt)(girls: dress and/or shirt and skirt – long)
- 1-2 casual shorts (girls will only wear these at camp, at least 5" inseam, LONGER is better)
- 3-4 athletic shorts (girls, at least 5" inseam, LONGER is better)
- 1-2 comfortable outdoor/athletic pants (for playing, lightweight, may want athletic tights/leggings for underneath shorts)
- 2 sweatshirts, sweaters, or fleece jackets
- 1 rain jacket
- Socks
- Undergarments
- 1-2 close-toed outdoor shoes (running shoes, hiking shoes, etc.)
- Fleece or wool hat (if you like to wear a hat when its cold) and baseball cap
- Bathing suit (girls: one-piece or tankini camp appropriate to be worn with shorts)
- Thick soled sandals that strap on to feet (chacos, tevas, keens, etc)
- Flip Flops for showering or just to wear around the cabin
- Sleepwear
- Fun clothes for camp: crazy outfits/accessories, crazy socks or hats, costumes, etc.
- Girls: 1-2 long, light skirts for village trips
- 1 quick dry towel or old towel you can leave behind

OTHER ITEMS

- Medicines: personal ones (enough to last 12 weeks), cold/allergy, Advil, Pepto, Imodium AD, throat stuff, chapstick, etc.
- Other first aid items: Band-Aids, Neosporin
- Watch
- Camera, extra battery, charger, cord for uploading, flash drive
- Bible for camp devotions
- Notebook, pens, paper, journal
- Sleeping bag (hopefully one that packs small)
- Backpack (in which you can pack for a week)
- Toiletries, enough for 2 months. You can buy some in Kenya but they will probably not have what you want and it will likely be expensive.
- Therm-a-rest or some sort of lightweight sleeping pad (we can make a suggestion of one to order on amazon that is inexpensive)
- Camping pillow for trip weeks
- Headlamp and extra batteries. This will be used a lot!
- Sunglasses
- Water bottle (wide mouth is best for cleaning & refilling)

- Sunscreen (at least spf 30--you are on the equator, the UV index is higher even when cloudy) and Bug Spray
- Passport and Visa
- Yellow immunization booklet
- ATM card and/or Credit/debit card (in case of emergency)
- \$200 American dollars (dated 2006 or later for purchasing snacks & souvenirs)
- Drivers license
- Student ID (This will help us get discounts at some of the places we visit)

OPTIONAL/SUGGESTIONS IF YOU HAVE ROOM

- Favorite candy or snacks. Granola bars, cliff bars, etc.
- Water flavor packets such as Crystal light, Propel, etc
- Portable speaker
- Eno or hammock
- Devotional books you might want to use for camper or personal devotion
- Binoculars (if you have them)
- If you need a hair dryer, curling iron, electric shaver, etc., the device needs to be able to accept 220 volts and you'll need an adapter (look at Walmart/Target)
- Things to trade at the markets: bandanas, t-shirts, hat, old watches, pens, etc.

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
- Toilet paper (2 rolls) or disposable wipes

Typically it will be cool or even cold in the mornings and at night, the days are warm or even really hot. We are right on the equator, which means the sun is intense. It may be cloudy and rainy some days. Layering is best!

GUYS: you have it pretty easy & can likely wear your normal clothes. Shorts are fine except for when we are in the villages, when you'll have to wear long pants, so be sure to **bring at least two pair of lightweight pants**. Obviously, keep any graphic t-shirts kid appropriate.

LADIES: In general, Kenyan culture requires you to dress much more modest than you might in the US, meaning you will likely need to adjust your wardrobe a bit for Kenya. In general, **shorts, spandex workout pants, leggings, and short skirts are not appropriate**. In some of the villages, you will only be able to wear **loose fitting T-shirts with sleeves, and long, ankle-floor length skirts**. While we are at camp, we have a bit more freedom but we will also be working with and setting an example for the kids - some of the older girls especially might be trying to push the limits. You can wear shorts, at least 5" inseam, (and probably will want to most days at camp) but no short shorts, no revealing tops (no crop-tops or low-cut under the arms, front, or

back), and no bikinis. This is especially relevant in regard to athletic shorts. Shorts should be around mid thigh in length. You'll be running around, sitting on the ground, and surrounded by middle school boys.

The list below is a guideline. You should only pack what you will need and use so plan carefully when packing. You will only have the one 50 lb bag for your personal things, not much room to store your things while you're in Kenya. When you're packing think about: at camp -it's hot, cool at night, and very sunny, what you might wear in town for dinner or shopping, something to wear to church, something for adventure travel/safari, rock climbing, etc and you will be able to do laundry about once a week. Laundry is mostly hand-washed and dried during camp, so super light-weight items will get lots of wear and may get holes, so don't bring anything precious to you that isn't built to last.

*You do NOT need to bring sheets, towels, or blankets to Kenya.

*We have 220 volt power, so US plugs will not work without a transformer/adaptor. Electronics will be fine plugged into just an adaptor, but items that do not run on 220 volts like hair straighteners, hair dryers, shavers, or anything that produces heat, usually needs to be plugged into a transformer or else it might be ruined. Transformers are these heavy boxes and we usually don't have any extra, so do not count on being able to use one.