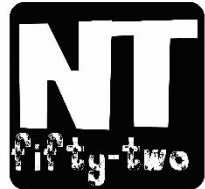


Nehemiah Teams 2020

City Sower Packing List



nehemiah teams

Clothing

- Comfortable flip flops...preferably rubber that can get wet.
- A pair of closed-toe shoes or good walking tennis shoes or light-weight hiking shoes that can double as dress shoes.
- Three pair casual long pants/Capri pants (quick dry are good)
- 1 pair knee length shorts
- 3-4 T-shirts (Don't bring anything that has the name of a church on it.)
- 3-4 Collared shirts with short sleeves for men
- 3-4 Blouse/dress shirts with at least 3/4 length sleeves for women
- Thin rain jacket
- Bathing suit (one piece or tankini for girls)
- For girls, a dark t-shirt and conservative shorts to go over your bathing suit.
- Hat or sunglasses
- Underwear/socks/sports bra

General guidelines for clothing

- Team members will generally wear long/capri pants & clean shirts.
- Sleeveless shirts are not permitted (This includes tank tops).
- Modest, knee-length shorts can be worn in your home or at the beach.
- Girls: No "Sofee" shorts. Skirts should also reach the knee.
- Tight fitting pants/shorts/skirts are not permitted.
- Male team members should wear a shirt at all times.
- Female team members should wear dark colored clothing when bathing & swimming with nationals.
- No shirts that are tight fitting or expose the midriff.
- 3 pairs of pants and 6 shirts should be sufficient for everyday wear.

Personal Toiletries and Basic First Aid

- prescription medicines.
- Pepto bismol tablets/Ibuprofen/Aspirin/Prescription medications (if you take them)
- Tampons, if you use them (hard to find here, but pads are readily available)
- Sunscreen
- Meds for upset stomach
- Deodorant (not all U.S. brands are available here)
- Toothpaste, shampoo, conditioner, soap, lotions, etc can be purchased here. (If you prefer a certain brand, you may choose to bring enough for the summer)
- Insect repellent, bug spray

Other Items

- Bible/journal
- *Spiritual Warfare* book (pre-field reading list)
- *Any 3* book
- Camera
- Alarm clock (battery operated)
- pictures of family & friends to show
- "Oleh-Oleh" small gifts to give away. The people will be very touched and feel loved with just a small, inexpensive gift. Candy like starburst, or key chains, memorabilia like ball cap from your school/city, etc. are enough. A t-shirt from your state or university or something from Lifeway will be a nice gesture to give to the national partners/translators you will work with.

- personal water bottle – MUST stay hydrated (at least 1 qt)
- Small flashlight or headlamp for when the power goes out
- travel pillow

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
- Hand sanitizer

Carry On & Checked Luggage

- Be sure to pack what you would need to survive for a few days in your carry-on in case your luggage is delayed. Use a backpack as a carry-on as this will be helpful during your time for day trips.
- Nehemiah Teams will issue a backpack/duffle bag 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 into this bag. There will be a place to leave your bag over the summer. If you can't get it all in that... then you've got too much! Laundry facilities will be available in the housing and hand washing is another option.
- Leave extra room in your suitcase for souvenirs, especially if you are a coffee or tea lover.

Important Documents and Money – Passport, credit card, ATM card, \$35 for Visa on arrival, shopping money. ATMs are easily accessible. Check with bank about possible fees. May be better to bring all cash with you instead of paying fees. We can keep your money for you in a locked safe.

Additional photo ID other than passport (drivers license/student ID/etc). Make a photocopy of your passport to put in your checked baggage.

Foodstuff:

- Many new exciting foods and spices await you. Depending on your stomach, you may see yourself spending extra time in the inner sanctum. May want to bring filling snacks like granola bars to hold you over.
- Only bring what you can't live without. Indonesia is a full of culinary delights and food is available at all times of the day. If you have any specific questions don't hesitate to ask.

What NOT to Bring to the field

- Anything that plugs in that is not 110-220v. Anything else will not work.
- Any heavy clothing. You won't want to wear it and it will take up space.

- Your whole bathroom. Girls- keep in mind most of your plug-ins won't work. Hair dryers- nope. Curling irons- probably not. If you are in a place where you can use these things, then you can probably borrow from someone.
- Your whole closet. You will be in a culture where it is normal to wear the same shirt twice or more in one week. **Also, you can buy clothes here, so save some room and plan on shopping a bit as you go.**
- Anything that you could not "live" without if it was stolen or lost.

Most important is to bring a teachable, servant spirit. Do not forget this in America. Other temporary items are available here if you forget something but your attitude is the most important (Phil 2:5)