

## Nehemiah Teams 2018 Bangkok Packing List



### Clothing:

- Daily ministry/church clothes (see descriptions below)
- Casual Clothes
- Underwear/Socks
- Sleep Clothes
- Swimsuit (see descriptions below)
- Shoes (see description below)
- Knee length shorts for free time
- Workout clothes (optional)

### Other Items:

- Bible/Devotional Materials/journal
- *Spiritual Warfare* book
- Additional ID other than Passport (i.e. Driver's License/Student ID)
- Towels & Washcloth (Light, Quick-Dry is Best)
- Bedding: Sleeping Bag/Pillow
- Small Backpack/Tote for daily use
- Xerox copy of Passport Picture Page (Pack this separately from your passport)
- List of Important Phone Numbers/Email Addresses/Mailing Addresses
- Camera
- Females - Bring your make-up with you
- Prescription Medicines
- Tampons, if you use them. They are not available here.
- Pictures of Family, Friends, and hometown/home to show
- You can buy additional personal items here to lighten the weight of your luggage - i.e. toothpaste, bug spray, shampoo, soap, etc.
- Bring your own deodorant. They do not sell Antiperspirant & Deodorant that is combined.
- 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 for the summer into this bag. There will be a place to store your original pack plus any extra items you choose to leave behind for 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).
- If you are required to bring specific equipment or asked to bring personal items for supervisor, these can be packed in a 2<sup>nd</sup> piece of checked luggage. Good idea to pack these as a team after arriving at orientation.

### General Guidelines for Clothing:

- Bangkok is a first world city. You will be working in a professional school setting. Slouchy, ragged or torn clothing is not appropriate. Shirts and pants should be neat and fitted. Team members should wear long pants/capris/skirts & clean shirts during teaching/ministry time. Jeans are not permitted for teaching time. Men's pants should be fitted and neat. Men should wear belts and have brown or

black shoes that are in good condition. Women cannot teach in sleeveless shirts or sleeveless dresses. If you wear a sleeveless shirt while you teach, you must cover up with a cardigan or shirt with sleeves. No tank tops for men or women. Skirts should reach the knee. Tights or leggings can be worn under a dress but are NOT to be worn as pants with just a shirt.

- Shoes: No one can teach in flip flops. Females can wear sandals while teaching but they must have a strap around the back of the ankle. Flip flops can be worn during personal time.
- Any tattoos must be covered during teaching and ministry times.
- Hairstyles should be neat and professional. Men should be neatly shaved. If you have questions, feel free to contact us.
- Modest shorts can be worn at home or on days off. Shorts should reach just above the knee when standing (at least 5-7" inseam). No "Sofee/Nike" shorts or running shorts can be worn out at all.
- No shirts that are tight fitting or expose the midriff. Shirts worn during personal time still need to look nice. Collared or Polo-style shirts are preferred for guys.
- No military-type clothing or accessories.
- Girl's swimsuits should be very modest - i.e. a one piece or tankini. They should not have a low or V-type neck.
- If you are not sure if something would be appropriate, please ask your local supervisor before coming or just choose to leave it at home.

**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.