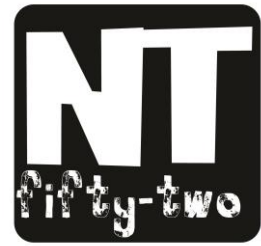


Nehemiah Teams

City Talk English Packing List



nehemiah teams

Clothing:

- Daily ministry/church clothes (see descriptions in bullets below as well as more details down below)
 - Students will be supplied with 2 polo shirts. They will have the option of purchasing additional polos upon arrival. Polos will be worn when teaching/doing promotion for The City English Project.
 - To wear with the polos, we ask that students bring chino or dress pants that are black, gray, or white (though white may be quite hard to keep clean in Bangkok). These should be business casual pants, not sport pants, hiking pants, or linen pants. Females can choose to wear modest black skirts that reach the knee (please no mini skirts or long, flowy skirts for teaching). (Long, flowy skirts are considered more casual attire in the city).
- Casual Clothes – casual clothes should be clean and neat (not tattered). All clothing should be modest, meaning no low necklines or short shorts or skirts. Please, no ripped clothing or camouflage, as those have negative connotations in the city.
- Underwear/Socks – Don't forget dress socks if needed to teach in. (Men should definitely wear dress socks when teaching. For females, it depends upon the shoe).
- Sleep Clothes – you will all be sharing a room/living space with others, so be sure your sleep clothes are modest and appropriate.
- Swimsuit (see descriptions below)
- Shoes (see description below)
- Knee length shorts for free time
- Workout Clothes (If desired)

Other Items:

- Bible/journal
- Additional ID other than Passport (i.e. Driver's License/Student ID)
- Towels & Washcloth (Light, Quick-Dry is Best)
- 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
- Females - Bring your make-up with you if you use it.
- 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.

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

Luggage: You will be issued a duffle bag/backpack by Nehemiah Teams to use as your checked piece of luggage. The size of the bag is 70 liters. The cost for using this pack is included in your field expense. You will get the bag upon arrival at orientation and re-pack your belongings for the summer. There will be space to store your personal bag & any extra items you choose to leave behind 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).

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 (including casual clothes). 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. 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 heel. Flip flops can be worn during personal time. Black flats are recommended for females to teach in, and black nicer shoes (not tennis shoes) are recommended for males to teach in.
- Any tattoos must be covered during teaching and ministry times.
- Hairstyles should be neat and professional. Men should be neatly shaven, with no beard or a very close shave. 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. No "Sofee/Nike" shorts or running shorts can be worn out at all unless you are exercising. Shorts should be long enough to be visible beneath the shirt being worn.
- No shirts that have low necklines, are tight fitting, or expose the midriff should be worn. 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 (including camouflage).
- Girl's swimsuits should be very modest - i.e. a one piece or tankini. They should not have a low or V-type neck. Many Thais swim in rash guard type swimsuits.
- 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.