

Nehemiah Teams 2019 City Talk English South 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)
- Light-weight rain jacket

Other Items:

- Bible/journal
- *Spiritual Warfare* book (pre-field packing list)
- 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.
- Small souvenirs from home to give to friends you make
- Bring your own deodorant. You can get it here, but it's not American quality.
- 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 2nd piece of checked luggage. Good idea to pack these as a team after arriving at orientation.

General Guidelines for Clothing:

- When on campus at a university or when teaching English in other settings, it is very important to have a professional appearance. 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. Any questions, feel free to ask.
- 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

- 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