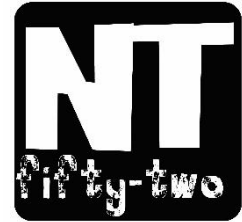


Nehemiah Teams 2020

Coffee Tour Packing List



A big key to remember is to be *modest but comfortable*. The weather is hot and humid, and it tends to rain often.

- No sleeveless shirts, no low cut v-necks, or low backs. We'd suggest enough lightweight shirts for one week. Bring at least a couple collared/nicer shirts for church or nicer events.
- Basketball shorts can be worn in your room/home, but athletic shorts may not be worn in public unless exercising.
- You'll want a few pairs of pants/jeans. Would recommend enough clothes for 1 week. You may want to bring a pair or two of hiking pants if you are invited to visit villages outside the city. Guys can wear shorts in certain circumstances, but it is more respectable to wear pants.
- 1 pair of "nicer" close-toed shoes, or tennis shoes could be okay for this too.
- Comfortable pair of sandals/flipflops.
- A modest swimsuit (No speedos)
- Light rain jacket
- Socks and underwear
- 2 towels and wash cloths (you could buy bath towels here but they are thin towels for about \$7-10. Wash cloths are available as well, or loofa sponges are cheap here if you prefer to use that.)
- Headlamp/flashlight
- Mat for sleeping on the floor in villages
- Bible/journal
- Sleepwear – pajama pants & t-shirt
- Toiletries that are sold here: toothpaste, toothbrushes, shampoo, conditioner, body wash, contact solution, etc.
- If you take regular medicine then make sure you have enough for your entire time here.
- Would recommend bringing pepto bismal.
- Sunscreen – it is rare to find here, and it's expensive.
- If you have room, it could be nice to have small "American" things to give people you connect with. If you don't have space, no problem.
- A small "around the city" type of backpack could be helpful – like a Kavu or small backpack. This can also be your carry on.
- A small backpack (around 35 liters or less) if you get invited to go explore outside the city for a few days with people.
- Camera (optional)

Packing information:

- All students 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 the bag 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 room 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 everyday (you will be washing by hand).
- You can buy additional personal hygiene items locally to lighten your load in packing: shampoo, soap, toothpaste, etc
- 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:

- Team members will wear pants & clean shirts during ministry time.
- Sleeveless shirts are not permitted for guys or girls. (This includes tank tops)
- No military-type clothing or accessories.
- If you not sure if something would be appropriate please ask your local supervisor before coming or just chose to leave it at home.
- Body piercings (other than regular ear piercings) are usually associated with drug users. Please remove these before you come.
- Girls must wear shorts & t-shirt over swimsuit when swimming

Orientation/debrief items

- Bedding during orientation/debrief: self-inflating sleeping pad or foam pad, sheet/lightweight blanket, 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
- Hand sanitizer
- Toilet paper (2 rolls) or disposable wipes