

## Nehemiah Teams 2019

### Cross-Fit Language Student Packing List



nehemiah teams

#### Women:

- Casual
- Loose-fitting, long-sleeves shirts (bare arms and exposed collar bones are not acceptable).
  - Shirts and blouses must be long enough to cover backsides
  - Loose fitting short sleeved shirts are acceptable if you wear them underneath long-sleeved sweater or jacket
  - Loose fitting pants (blue jeans are acceptable)
- Workout/Sports Clothing
  - Short sleeved shirts are acceptable at the gym. Keep sweat shirts handy to cover up to and from.
  - Sweats, yoga pants etc. for the gym. (sorry no shorts)
  - Sneakers for work outs or hikes
- Caps or hats for sun protection
- Comfortable sandals like Chacos, Teevas, etc. (optional)
- Hiking shoes if you don't hike in sneakers
- Comfortable loafers (optional)
- Underwear/Socks
- Sleep Clothes
- Light Jacket
- Modest swim wear (no two pieces)

#### Men's Clothing

- Casual
  - Short sleeves are acceptable (collared shirts like Polos, Button-up etc)
  - Blue Jeans or Slacks are acceptable (Shorts are not worn on the street)
  - Comfortable Sandals or loafers
- Workout/sports clothes (tee shirts and shorts are acceptable for men)
- Sneakers for work outs or hikes
- Underwear/Socks
- Sleep Clothes
- Caps or hats for sun protection
- Hiking shoes if you don't hike in sneakers
- Light Jacket
- Modest swim wear

#### Other Items:

- Bible, Journal, etc.
- Small backpack for daily use
- Sunscreen
- Water Bottle (at least 1 qt)
- Flashlight/headlamp
- Camera
- Prescription Glasses

- Prescription Meds
- Makeup (women)
- Passport and Photocopy of Passport
- List of Important Phone Numbers/Email Addresses/Mailing Addresses
- Cash for travel and visa at the airport
- ATM and Credit Cards

### **Packing Information**

- 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 bag 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.

### **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