

Nehemiah Teams 2019

Cross-Fit Intern Packing List



Men's Clothing

- Plenty of Workout/sports clothes
- Short sleeves t-shirts or collared shirts (if you have tattoos, you will need to think of how to cover when going to more conservative areas for respect of the culture- there is no law against having tattoos; in the gym, tattoos will not be a problem)
- Shorts for guys (pants) are not usually worn in some places or when going into people's homes. Due to the heat, we recommend bring one pair of lightweight pants.
- Comfortable Sandals or loafers
- 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
- 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
- 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

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

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 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.