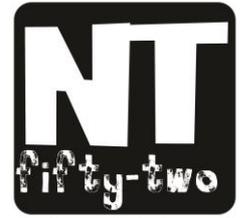


Nehemiah Team 2020

Eco Adventure Packing List



nehemiah teams

Clarify all questions with your field supervisor!!!

Clothing

- A pair of easy on/ easy off comfortable slip on/off sandal/flip flops...and a pair of hiking wet/dry shoe or boot (lightweight), *think of hiking then wading in water sand and rock bottom and then hiking again.* I used Chacos and an old cross training tennis shoes.
- 2-3 pair of breathable, wicking, or dry fit pants (Columbia, Academy brand) or other pants (quick dry are good it's hot and wet)
- 1-2 pair shorts light weight (inside use)
- 3-5 T-shirts (Don't bring anything that has the name of a church on it.)
- 1-2 Collared shirts with short sleeves for men
- 1-2 Blouse/dress shirts below knee (remember the heat) with at least 3/4 length sleeves for women and shoulders covered
- Conservative pajamas or sleep shorts (your restroom may be outside your house)
- Bathing suit (one piece or tankini for girls, no speedos for guys HAHA)
- For girls, a dark t-shirt and conservative shorts to go over your bathing suit.
- Hat or polarized sunglasses, neckbuff (the tube thing that covers your neck and face in the sun)
- Underwear/socks/sports bra

General guidelines for clothing

- Team members will generally wear long pants & clean shirts.
- Sleeveless shirts are not permitted (This includes tank tops).
- Modest, knee-length shorts can be worn in your home, working out, or at the beach.
- Girls: Inside is private but you may not be the only guest so be comfortable conservative. Shorts should reach just above knees when standing.
- Long skirts to the ankle or lower calf.
- Tight fitting pants/shorts/skirts are NOT permitted. NO Skirts everything below the knee. Unless covered by other clothing> (examples: tight leggings/pants with hips, butt, and crouch covered by a long loser shirt, or tight shirt where chest is covered by a shawl/scarf.)
- Clothes exposing the midriff, cleavage, shoulder, back or thigh are not permitted in public.
- Male team members should wear a shirt and pants when in public at all times. Shorts in private/house.
- Female team members should wear dark colored clothing when bathing or swimming with nationals.
- 5 pairs of pants, your in-house clothing, and 7 shirts should be sufficient for everyday clothing.

General guidelines for clothing: if in doubt contact your field supervisor.

Other Important Items

- Your team will be provided a hiking backpack by Nehemiah Teams. This will be your checked piece of luggage. The fee for using this pack is included in your field budget. You will want to have a personal good-sized backpack to use for packing for 2-3 day trips.
- 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.
- Sea bands or Dramamine (for seasickness, some medication also available here)
- Flashlight/Headlamp (good batteries available here sometimes, so bring a few extra)
- Camera (optional but you won't have your personal phone)
- Fishing equipment will be provided but check with supervisor if you want to bring your own.
(YOU WILL BE PROVIDED A SECOND EXPECTATION/FISHING GUIDE BY FIELD SUPERVISOR)

AFTER TEAMS ARE CONFIRMED LATE APRIL. ALSO SEE ADDITIONAL INFORMATION BELOW.)

- Nalgene bottle, canteen or other water bottle.
- Pepto bismol tablets/Ibuprofen/Aspirin/Prescription medications (if you take them)
- Tampons, if you use them (hard to find here, but pads are readily available)
- Backpack or “beach bag”
- Hammock (optional: if you like those and have one)
- Wash cloth & Bath Towel (may prefer a gym or camping towel that is lighter weight and dries faster than regular towel)
- Bible/Devotional materials/Journal
- 2 photocopies of passport picture page (kept somewhere other than with passport, like in your checked luggage)
- Bug repellent (just get a small bottle, b/c you can get more here. If you are allergic to DEET, then bring your own.)
- Wet wipes (optional: can also buy here)
- Sunscreen – you’re on the equator – you’re going to need this.
- Soap/Shampoo/Shower gel/Lotion/Deodorant/Toothpaste (optional; can buy here)
- Pictures of your family to show others here
- List of important phone numbers/e-mail addresses
- Bring your required field money in crisp \$100 or \$50 bills (if bringing cash)
- \$200.00 optional spending money or ATM card to access spending money
- 1 set single bed sheets to sleep on with a sleeping mat, or a sleeping bag. Sleeping bags are usually too hot, you might be moving from place to place every week
- Toiletries, Hand sanitizer (optional: can also buy here)

Money

- At least \$200.00 US dollars cash...crisp 100 dollar bills. Must be 2005 or earlier.
- ATM card to access remaining field budget and spending money. Call your bank and let them know where you will be so they will not freeze your account.

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

ADDITIONAL INFORMATION

What to pack? What to expect?

the week. For most people, this holds true even if they don't catch a thing!?! While I agree with that sentiment wholeheartedly, I would like to add a caveat of mine own. *"I'd take a day catching fish over a day not catching fish every day of the week!"* One of the most helpful things I have found in increasing productivity, especially when in fishing a new place, is being as best prepared as you can possible be for the task at hand.

While the help of a well-tuned guide or the knowledge a local fisherman is crucial, there are a few things in terms of packing and expectations that would be helpful to know so you can make this a *trip of a lifetime*.



So, what to pack? Although I have added a packing list above, the key is getting as much information about where you are going (local terrain and conditions) and what type of equipment you will need for each fishery is crucial. *Bottom line: pack as simple as possible for mobility sake but don't leave behind important things that you will want or need.*

Although we will be providing you with a quality fully catered service, there may still be a few things that our local guides do not have or cannot provide in terms of equipment, and specialty items or food. Remember you are, in a foreign county with people who have often gone barefoot trekking in the jungle for day, packing only a knife. So, it doesn't cross their mind to remind you of sunscreen or that mosquitoes can carry dingo or malaria. Packing simple means packing smart; everything you need but no more than you need. Ask as many question as you can before pack/come because each person's needs are different from another and no one wants a spoiled trip from lack of key equipment or exhaustion from dead weight.

What to expect? The best advice I can give about expectations is; *It is probably going to be different than you expect so "Be Flexible."*

After having come to grips with THE "everything is different" and the "be flexible" motto; I can point you to some of the most common feedback I have heard. These comments come from past clients.

#1; "The Sun is Brutal." I can't overstate this one. You are going to be fishing in the tropics and often staying in places without air conditioner. So, investing in a good hat, polarized sun glassed, long sleeved-hot weather fishing shirts, quick dry fishing pants and lots of sunscreen can make the all the difference.

#2; "This is hard work." I would like to says that fly fishing In Southeast Asia is easy but that would be a lie. I compare Fly fishing here to Fly Fishing Pike or Muskies back home. You got fight harder and work longer for the fish that you want. The fish are here but you may feel like you have been chunking flies all day for that trophy catch snakehead/peacock bass but he still hasn't hit yet. So be careful with expectations that could take you out of the game before your next cast/fish of a lifetime.

#3; "Umm Local Food." This one is mixed. Some folks love eating local and others would prefer to bring their own food. Just be aware that on a fishing trip, western food options are not common. The local food is delicious and hot. Be prepared for mild to medium spice (if sensitive), you may have to use your right hand as a utensil, RICE enough said, and know that they will not be allergy conscious. Eating together with your guide is a great time to get to know about him and his culture.

#4; "Fish: same but different." I say this because sometimes we get caught patterning species behavior prematurely. We may have fished for the same species or similar species and to quickly assume a pattern or behavior. While fish are fish, our presentation based on our passed assumptions can some time get you behind the game. Early on, I missed a lot of good opportunities by presenting to fish based on faulty assumptions or incorrect patterning derived from my past experiences with similar fish or predictive fish behavior. Don't make my mistake. It is ok to assume... you might be right... but be sure to ask and listen to your guide.

#5; "It's not always about the fish." One way or another we are going fishing. This one is just a minder about our purpose in life. *Sometimes we have day when it's not about the fish that are swimming in the water underneath you but it's about the person sitting in the boat with you.* Make sure to take time to get to know your guide and those in your group. The guides are serious fishermen and they will put you on fish...in fact they want it just as bad or more than you do... so enjoy the awe of your God's wonderful creation and don't miss out on the opportunities for the eternal treasures of your trip of a lifetime.

Many people like me, would take a day fishing over a day working just about any day of



Things provided:

- Fly rods (for each species.)
- Fly reels
- Fly lines
- Flies
- Tippet
- Extra leaders/leader material
- Clippers
- Pliers or forceps/hemostats
- Fishing tape measure
- Food for lunch or trip
- First aid kit
- Wipes for toilet
- Water bottle for trip

not guaranteed likely needed

- Passport
- Polarized sunglasses (amber is an excellent color choice)
- Sunscreens (SPF 30+)
- Fingerless gloves/Sun gloves
- Zinc oxide sunblock for lips and nose\Lip balm
- Hat w/a full brim or neck guard
- Quick drying nylon pants (for sun protection, wet wading)
- Hoorag or lightweight face mask for sun protection
- Charging cables for phone, camera etc.
- Toiletries
- Line cleaner
- Insect repellent
- Dry shake, Floatant
- Strike indicators
- Dry bag - for camera, extra clothing, etc.
- Cash for tips, spending money
- Day pack

Misc Items you might need/want

- Camera with extra memory card and batteries
- Net with quick release lanyard, Gravel guards
- Waterproof/breathable raincoat
- Rain pants (for boat fishing, wet wading)
- Short sleeve microfiber shirt
- Lightweight breathable long sleeved shirt with spf of 15+
- Fly boxes,
- Quick drying nylon shorts
- Comfortable clothing for travel and after fishing
- Waders, Wading staff
- Small Flashlight and spare batteries
- Water filter/purifier
- Sandals
- Small Vest or fishing pack
- ThermaCell for areas where the insects are particularly bad
- Nail knot tool, Split shot
- Water bottle