

Nehemiah Teams 2019

Eco EV project packing list



Clothing

- Daily work clothes (see description below)
- Casual/lounging clothes (see description below)
- Underwear/socks
- Swimming trunks
- Shoes (see description)
- Sports/workout clothes (see description below)

Other Items

- Bible, Journal
- ID other than passport (DL or student ID card)
- Towel and washcloth
- Sunglasses
- One pair of work gloves
- A hat for working in the sun, whatever style you like, buff or bandana if you like
- Bug spray and sunscreen
- Small bag to carry around during the day
- Water bottle (at least 1 qt capacity)
- Bedding (see description below)
- Scanned copy of passport information page (packed separately from passport)
- Prescription meds and any OTC meds or vitamins you regularly take
- Good deodorant. Options here are not very strong, and you will sweat a lot.
- Your team will have 2 phones that will be shared among the members to stay in contact with the field supervisor. Unlocked phones can be brought from the US to use for this, if those are unavailable, a basic smartphone will be provided. (Ask supervisor to confirm.) Please do not plan to bring your personal phone with an international plan, it will not be used.
- If needed you can buy shampoo, toothpaste, soap, body wash etc. here
- 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 clothes regularly.
- 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.

Guidelines for clothing

- Work Clothes – each day, you will be working outside doing farming, gardening, clean-up, and light construction. You will need to wear long pants (two pairs at least) that are strong enough to last through the summer. At the same time, the temperatures each day will be in the mid 90's and very humid. For example, if you bring Carhart pants, don't get the double thick kind...you may roast! Choose pants that are relatively light weight. You can work in short sleeves, but you may want to bring a dry fit long sleeve shirt or two to keep your arms from getting sunburned. A PFG (Columbia) shirt would work well for this climate. Don't bring any t-shirts that have anything "m" related...church/d-now related is fine. Dry fit shirts will be more comfortable than cotton...whatever you prefer in hot weather.
- Casual/lounge clothes – bring light t-shirts and shorts for resting/non work, and one pair of nicer jeans and a polo shirt for church and visiting the nearby cities.
- Shoes – One pair of sturdy work shoes. These can be supportive tennis shoes or light hiking shoes. Boots are not necessary and may be too hot to work in. One pair of flip flops/sandals, one pair of sandals or shoes you can wear to church. Any non flip flop sandals would be fine for this.
- Sports/work out clothes – bring at least one pair of very light dry-fit long pants and a dry fit shirt to exercise and workout in. You will also likely swim in swim trunks and a dry fit shirt.
- Bedding – Some nights you will have a bed, please bring one sheet and a pillow (if you need your own pillow to sleep well. We can also buy a pillow here to save space in your bag. For the nights that you don't have a bed, we recommend bringing a hammock if you have one. If not, bring a simple sleeping pad and a very light weight sleeping bag or sleeping bag liner. Night time temps will not dip below 80 degrees most likely.

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