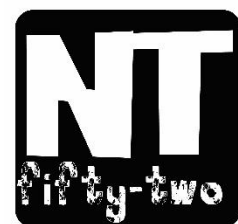


## Nehemiah Teams 2018 Embrace the Beyond



nehemiah teams

### Clothing

- Comfortable flip flops or sandals, preferably rubber that can get wet.
- A pair of closed-toe shoes/good walking tennis shoes
- Casual long, quick-drying pants
- T-shirts (No religious symbols)
- Collared shirts with short sleeves
- Girls: Capri pants, long skirts
- Socks, Underwear, Sleep clothes
- Conservative bathing suit (Ex. Board shorts for boys / 1 piece for girls)
- Hat
- Sunglasses

### General guidelines for clothing

- Team members will generally wear long pants and short sleeve shirts.
- Sleeveless shirts are not permitted. This includes tank tops.
- Tight fitting pants/shorts are not permitted.
- Male team members should wear a shirt at all times.
- No military-type clothing or accessories

### Other Important Items

- It is absolutely acceptable to bring your Bible and any quiet time materials for personal use. It would NOT be wise to bring reading/study materials on proselytizing. ☺
- Sea bands or Dramamine for motion sickness. Some medications are also available here.
- Pepto Bismol tablets
- Ibuprofen/Aspirin/Tylenol
- Prescription medications (if you take them) **in their original bottles.**
- Small flashlight
- Camera- You are a tourist!
- Sturdy water bottle
- A backpack
- Wash cloth & bath towel. You may prefer a gym or camping towel that is lighter weight and dries faster than regular towel.
- Two photocopies of your passport picture page, kept somewhere other than with passport, i.e. in your suitcase/backpack.
- Additional ID other than your passport, i.e. Driver's License, Student ID, etc.
- Journal
- Bug repellent (just get a small bottle, because you can get more here. If you are allergic to DEET, then bring your own!)
- Wet wipes (can also buy here)
- Sunscreen - You are on the equator! You are going to need this!
- Soap/Shampoo/Shower Gel/Lotion/Deodorant/Toothpaste
- Travel Voltage Converter
- Pictures of your family to show others here – no bathing suit photos
- Small gifts to hand out – ex. Individually wrapped candies, postcards, key chains, anything from your hometown/state
- Bed sheet

- Card games, i.e. Uno, Skipbo, Playing cards, etc.
- List of important phone numbers and email addresses
- \$200.00 emergency money in 2 crisp, clean \$100 bills, as well as an ATM card to access money. Please notify your bank of your international travel plans so that they can flag your account to keep them from putting a hold on international purchases. Please include the airports that you are traveling through, as you may need to use your credit cards there as well.
- Hand sanitizer (available here)
- NO water purifier needed

### **Food Items**

- Your favorite breakfast items: granola bars, instant oatmeal, cereal bars, pop tarts, etc. This can be used occasionally as a change of pace from the local breakfast choices.
- Snack foods such as: peanut butter crackers, snack size Chex Mix, trail mix, etc.

### **Packing Information**

- You need to get all of your belongings in a medium to large-sized backpack (4500 cubic in.) or duffle bag. If you can't get it all in that... then you've got too much! You will be carrying what you bring with you until the end of your trip. **Due to the mobility of your team, you will provide your own hiking style backpack. You will not be using the NT issued duffle bag unless you choose to.**
- Indonesian domestic airlines normally allow **one checked bag of 20 kg** (44 pounds) and one carry-on bag of 7 kg (15 pounds) as your luggage allowance, so this will be all you need for traveling internationally.

### **Orientation/debrief items**

- All teams will need personal eating utensils for orientation/debrief: plate, bowl, cup, silverware
- All teams will need bedding during orientation/debrief: self-inflating sleeping pad, sheet, small pillow
- All teams will be bathing outdoors during orientation/debrief. All will need dark colored shorts & shirts to wear while bathing.

If these items aren't needed on the field there will be a place for you to store them over the summer, ready for you when you return for debrief.