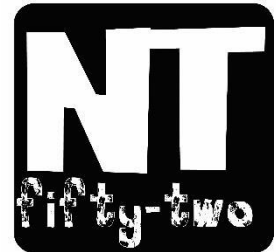


Nehemiah Teams 2018 Dakar Urban Team Packing List



nehemiah teams

Clothing:

- Nice pants and long shirts or skirts/dresses for teaching. If wearing pants shirts must still cover your rear end when reaching to the top of a white board. Skirts must be worn when engaging people on the street or in homes.
- A couple pairs of jeans or lightweight pants and casual shirts
- Underwear
- Hoodie or sweatshirt for plane and a possible chilly night
- Shorts and cool clothes for hanging around the apartment
- Pajamas
- Swimsuit (1-piece modest or tankini)
- Comfortable walking sandals or flip flops

Other important items:

- Bible/devotional materials/journal
- *Spiritual Warfare* book
- Additional ID other than passport (drivers license/student ID/etc)
- Photocopy of passport picture page (pack separately from passport)
- List of important phone numbers/email addresses/ mailing addresses
- Sunscreen
- Tampons (if you use them, not available here)
- Camera
- Insect repellent
- Toiletries and Make-up
- Possibly a small candle of your favorite scent
- Prescription medicines/malaria prophylaxis
- Flashlight/headlamp (batteries available here)
- Small-medium sized backpack (carry-on size) to use on a daily basis and/or a small cross-body purse like a kavu.

Foodstuff:

- You can get almost everything here in Dakar. If you have any specific questions about available food ask us. If you have any food allergies or sensitivities let us know in advance.
- You may want to bring some breakfast type items: oatmeal, cereal bars, etc.
- If you have specific questions about available foods, just ask.

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. You will get the bag upon arrival at orientation and re-pack your belongings for the summer. There will be room to store your personal

bag & any extra items you choose to leave behind during the summer. If you can't get it all in that... then you've got too much!

- You can buy additional personal hygiene items here to lighten your packing load: shampoo, soap, toothpaste, etc. However, we would recommend you try to fit in what you need for the summer. Specific brands are not readily available.
- 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.

General guidelines for clothing:

- If you not sure if something would be appropriate please ask your local supervisor before coming or just chose to leave it at home.

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. All will need their own towel. 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.

**If it isn't necessary to take these items to the field there will be a place to store them over the summer, ready for you to use when you return for debrief.

Other helpful tidbits

- You can use ATM machines here securely and easily. Make sure that your card has raised numbers. Notify your card companies before coming. Exchanging money can be complicated. Using your card is easier.
- Spending money. We suggest \$100-300. Credit cards are accepted at some grocery stores.