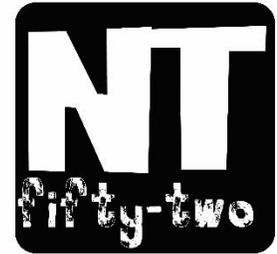


Nehemiah Teams 2017 Walk with the People of Far Village



Clothing

General guidelines for clothing:

Team members will wear long pants/skirts & clean shirts during ministry time.

- Sleeveless shirts are not permitted.
- Modest shorts are permitted to be worn in your home
- 2-3 Long skirts (girls)
- Pants (guys)
- Tops (3-5)
- Tight fitting pants/shorts/skirts are NOT permitted.
- Male team members should wear a shirt at all times.
- Female team members should wear dark colored clothing when bathing or swimming with nationals.
- No shirts that are tight fitting or expose the midriff. No low cut shirts.
- Good walking shoes, flip-flops (thick soled)

Other Important Items

- 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!
- 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.
- Flashlight/Headlamp w/ batteries
- Copy of passport bio page & visa page (carry separate from passport)
- Yellow fever shot record (carry-on)
- *Spiritual Warfare* book
- Water bottle or Camel back
- Camera
- Watch (optional)
- Basic personal medicine: Ibuprofen/Aspirin, chap stick, anti-diarrhea, allergy meds, etc
- Prescription medications (if you take them). Bring them in the prescription bottle
- Backpack for daily use
- 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

- Wet wipes (optional)
- Sunscreen/sunglasses
- Insect repellent
- Soap/Shampoo/Shower gel/Lotion/Deodorant/Toothpaste
- Pictures of your family to show others here
- List of important phone numbers/e-mail addresses
- Hammock (optional)
- Set of single sheets, sleeping bag, pillow (for village living)
- One person mosquito net
- Tent (communicate with supervisor about size/type)
- Self-inflating sleeping mat
- Food items: granola bars, peanut butter crackers, individually wrapped snack items, Rice Krispies, individual drink mixes (Gatorade, Crystal Light, etc)
- Coffee: if you want it, bring it
- All voltage is 220v. Bring adapter if needed for personal items.

Money

- 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

- 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.