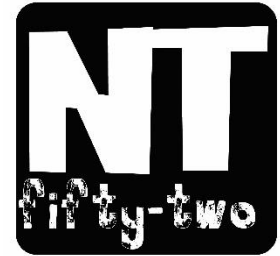


Nehemiah Teams 2019

Walk with the People of Far Village



nehemiah teams

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 (pre-field reading list) <http://www.nehemiahteam.com/pre-field-preparation.html>
- Water bottle (at least 1 qt)
- 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/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.

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

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.