

Nehemiah Teams 2018

HE-man / Woman (Health & English) team

Most men and many of the college students you will be interactive with wear pants every day. On the island as long as you are doing tourist type activities like hiking, scuba, swimming, etc, shorts are acceptable

- 4 pairs of pants, lightweight are recommended. One pair of black pants
- 3 pairs of shorts
- 3 t-shirts
- 3 polo shirts – can wear when visiting patients in hospital or teaching English. Include 1 plain white polo shirt.
- 2 nice outfit for teaching or sharing at churches
- plenty of underwear, socks
- sleep clothes
- modest swimsuit or tshirt and shorts (Muslims here swim in clothes)
- knee length shorts for traveling, day off, & around the house
- Flip flops or comfortable easy on/off shoes / sandals because most take of sandals in the house
- 1 pair of shoes you can wear for hiking
- 1 pair of nice closed toed shoes for hospital ministry and other special / formal occasions
- Cross shirts / jewelry will not be helpful here.



Personal Toiletries and Basic First Aid

- prescription medicines.
- Sunscreen
- Meds for upset stomach
- Top/flat Sheet
- 2 sets of towels (bath, hand and washcloth. Quick dry can be helpful too)
- Deodorant (not all U.S. brands are available here)
- Toothpaste, shampoo, conditioner, soap, lotions, etc can be purchased here. (If you prefer a certain brand, you may chose to bring enough for the summer)
- Insect repellent, bug spray
- Band Aids

Extra Items

- Bible/devotional materials
- Journal and Pen
- *Spiritual Warfare* book
- Camera
- Alarm clock (battery operated)
- pictures of family & friends to show
- "Oleh-Oleh" small gifts to give away. The people will be very touched and feel loved with just a small, inexpensive gift. Candy like starburst, or key chains, memorabilia like ball cap from your school/city, etc. are enough. A t-shirt or something nicer will be a nice gesture to give to the national partners/translators you will work with
- personal water bottle – MUST stay hydrated (Can also buy here)
- Small flashlight or headlamp for when the power goes out

- English Lessons & small props
- travel pillow
- a flash disk with a powerpoint presentation about American culture
- playing cards

Carry On & Checked Luggage

- Be sure to pack what you would need to survive for a few days in your carry on in case your luggage is delayed. Use a backpack as a carry-on as this will be helpful during your time for day trips.
- Nehemiah Teams will issue a backpack/duffle bag 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 into this bag. There will be a place to leave your bag over the summer. If you can't get it all in that... then you've got too much! Laundry facilities will be available in the housing and hand washing is another option.
- Leave extra room in your suitcase for souvenirs, especially if you are a coffee or tea lover.

Important Documents and Money – Passport, credit card, ATM card, \$35 for Visa on arrival, shopping money. ATMs are easily accessible. Check with bank about possible fees. May be better to bring all cash with you instead of paying fees. We can keep your money for you in a locked safe.

Additional photo ID other than passport (drivers license/student ID/etc). Make a photocopy of your passport to put in your checked baggage.

Foodstuff:

- Many new exciting foods and spices await you. Depending on your stomach, you may see yourself spending extra time in the inner sanctum. May want to bring filling snacks like granola bars to hold you over.
- Only bring what you can't live without. Indonesia is a full of culinary delights and food is available at all times of the day. If you have any specific questions don't hesitate to ask.

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.

Most important is to bring a teachable, servant spirit. Do not forget this in America. Other temporary items are available here if you forget something but your attitude is the most important (Phil 2:5)