

## Nehemiah Teams 2017 Heartweavers Packing List



### Clothing:

- Ministry clothes (pants/jeans/skirt with clean shirt) 3 bottoms, 5 shirts
- underwear, socks
- sleep clothes
- swimsuit (modest 1-piece or tankini) & towel
- flip flops and bring at least one pair of closed toe shoes (tennis shoes are fine)
- knee length shorts for traveling, day off, & around the house (no running shorts or "Soffee" shorts)

### Other important items:

- Bible/devotional materials/journal
- Spiritual Warfare* book
- Additional ID other than passport (drivers license/student ID/etc)
- xerox copy of passport picture page (pack separately from passport)
- list of important phone numbers/email addresses/ mailing addresses
- sunscreen/sun block/hat
- camera (we would like you to help us add new pics for our website, etc)
- insect repellent
- prescription medicines
- tampons, if you use them (not available here)
- pictures of family & friends to show
- small gifts to give away (candy like starburst or blow-pops, key chains, memorabilia from your school/city, etc.)

### Foodstuff:

- Bring any special treats you can't live without. Thailand has great food and lots of "western" foods if you start missing foods from home.

### 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. Upon arrival at orientation you will re-pack your belongings in this bag. There will be a place to store your original bag during the summer. If you can't get it all in that... then you've got too much! You will be able to wash almost every day.
- If you are required to bring specific equipment or asked by supervisor to bring personal items from them, these can be packed in a 2<sup>nd</sup> piece of checked baggage. Good idea to pack these by team after arriving at orientation.
- You can buy personal hygiene items here to lighten your load in packing: shampoo, soap, toothpaste, etc. However, the selection of deodorant here is limited. If you have preferences bring it from home.

- Bring your own cosmetics if you have to have them because what you want may not be available here.

**General guidelines for clothing:**

- You will be thought of as a tourist. Dress modestly, but capris and flip flops are fine.
- You may want to bring one pair of long pants or a skirt for possible ministry in the villages. You can buy inexpensive clothing here in the market too if you prefer.
- Sleeveless shirts are not seen as being the most polite thing to wear by the older culture. (This includes tank tops.)
- Modest shorts are permitted to be worn at home or on day off. Shorts should reach almost to the knee when standing. No "Sofee" shorts or running shorts. Skirts should reach the knee.
- No shirts that are tight fitting or expose the midriff.
- No military-type clothing or accessories.
- Girls swimsuits should be very modest. They should not have a low or V-type neck.
- If you not sure if something would be appropriate please ask your local supervisor before coming or just chose to leave it at home.
- Because one of the political parties are loosely called the "red shirts", we ask that you not wear solid red shirts here in Thailand. It is not dangerous if you do, but it is better to just avoid wearing this color due to the ideas that are attached to it.

**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.