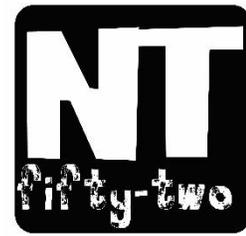


Nehemiah Teams 2017 Hope & Health Packing List



Clothing:

- Daily/ministry clothes (lightweight skirt with a short-sleeved cotton shirt or scrubs) 3 skirts and 5 shirts. You need to have at least three non-t-shirts. Skirts should reach the ankles. Scrubs should ONLY be worn in the clinic/hospital setting
- Underwear and socks if you bring athletic shoes
- Sleep clothes (shorts & t-shirt are fine)
- Swimsuit (1-piece modest or tankini) & towel (not certain of swimming opportunities)
- Sandals or athletic shoes for ministry (no flip-flops)
- flip-flops for showers
- shorts for around the hotel (shorts should be within 2" of the knee when standing. No "Sofee" or running shorts)

Other important items:

- Bible/devotional materials/journal
- Spiritual Warfare* book
- Additional ID other than passport (driver's license/student ID/etc.)
- Sturdy water bottle (recommended 1 liter capacity)
- Xerox copy of passport picture page (pack separately from passport)
- List of important phone numbers/email addresses/mailling addresses
- sunscreen/sun block/hat
- Lightweight rain jacket
- Pillow
- Towels & washcloth (light, quick-dry is best)
- tampons (if you use them, not available here)
- Camera
- Insect repellent
- Prescription medicines/basic personal first aid kit
- flashlight/headlamp (batteries available on the field)
- pictures of family & friends to show
- Small gifts to give away (candy, stickers, etc.)
- small-medium sized backpack (carry-on size) to use on a daily basis

Foodstuff:

- You may want to bring some snack-type items that you can pack each day- trail mix, beef jerky, drink mixes, etc. (There are shops there where you can purchase snacks)
- 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 on the field to lighten your load in packing: shampoo, soap, toothpaste, etc.

General guidelines for clothing, etc.:

- No nose piercings. Please limit ear piercings to no more than 3.
- Please cover tattoos.
- Team members will wear skirts & clean shirts during ministry time.
- Sleeveless shirts are not permitted for guys or girls. (This includes tank tops)
- No military-type clothing or accessories.
- 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.

Other helpful tidbits

- Use caution when eating foods. Be sure they are well cooked & hot. Bottled water will be provided.
- Spending money? It's up to you. We suggest \$200-300. Credit cards aren't widely accepted. Bring crisp bills of 50's or 100's, newer than 2003