

Nehemiah Teams 2018 Preschool VBS & Prayer Girls Packing List



nehemiah teams

ONE PER TEAM – These items to be shared as a team

- Most Recent Lonely Planet Book- Laos (2017 Edition)
https://www.amazon.com/Lonely-Planet-Laos-Travel-Guide/dp/1786575310/ref=pd_lpo_sbs_14_img_0?encoding=UTF8&psc=1&refRID=331DZVX0WBJBBMH27X6C
- Basic First Aid Kit – includes Neosporin or equivalent
- 6 pack Dr. Pepper 16 oz bottles (to share with Host ☺)
- Pack of 3x5 index cards

Clothing:

- Ministry clothes (lightweight pants/capris/jeans with clean shirt) 1-2 pants, 3-5 collared shirts. You will get local Lao skirts made to fit on site to wear at the preschool, that will be worn with the collar shirts (Monday – Friday)
- underwear, socks,
- sleep clothes (shorts & t-shirt are fine)
- swimsuit (1-piece modest or tankini) & towel. You will not be allowed to wear a bikini even with a cover-up.
- Board shorts (7" inseam) & t-shirt to wear over swimsuit while swimming
- closed-toe shoes or sandals for prayer walking, flip flops are ok for casual "tourist days"
- shorts (7" inseam) for day off & around the house (shorts should be within 2" of the knee when standing. No "Sofee" or running shorts)
- There are coin operated Machines at the preschool you can do wash in and hang dry.

Other important items:

- \$70 USD EXACT AMOUNT for tourist visas (\$35 on arrival, 2nd Visa – Thai border crossing at 28-30 day mark. This is included in your field budget)
- Having extra USD is helpful, \$100-200 (\$50 or \$100 bills only, clean, no tears rips or other markings on the bills please.)
- Bible/devotional materials
- *Spiritual Warfare* book
- Additional ID other than passport (driver's license/student ID/etc)
- bedding (self-inflating sleeping pad, single sheet, pillow)
- towel & washcloth (light, quick-dry is best)
- personal eating utensils: plate, cup, bowl, spoon/fork
- sturdy water bottle (recommended 1 liter capacity)
- xerox copy of passport picture page (pack separately from passport)
- 2 pcs passport photo (2x2) for visa renewal application
- list of important phone numbers/email addresses/mailling addresses
- sunscreen/sun block/hat
- lightweight rain jacket
- tampons (feminine hygiene products)
- camera (optional but you won't have your personal cell phone to use)

- insect repellent
- prescription medicines/basic personal first aid kit
- pictures of family & friends to show
- small gifts to give away (candy, stickers, etc. something small from your city or state)
- small-medium sized backpack (carry-on size) to use on a daily basis

Foodstuff:

- We suggest you bring at least 10-15 backpack meals with you. (Mountain House is a good brand.) Since you will have a chance to do some of your own cooking, these will be an easy & nutritional addition to your diet over the summer.
- We would also suggest bringing some of your favorite breakfast items: granola bars, instant 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 here to lighten your load in packing: shampoo, soap, toothpaste, etc
- 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.

General guidelines for clothing:

- No military-type clothing or accessories.
- If you are not sure if something would be appropriate please ask your local supervisor before coming or just choose to leave it at home.
- Girls must wear shorts & t-shirt over swimsuit when swimming

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.