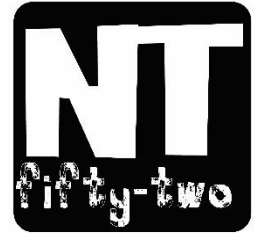


Nehemiah Teams 2018 Mercy Midwives



nehemiah teams

Clothing

- Clinic clothes: scrubs (3 sets- mix & match) Worn while on duty in clinic. Birth room shoes: We wear “clean” shoes in the birth room. You will need one pair of slip on/off shoes just for the birth room. You can bring closed toed type shoes or flip/flop types. These you can also buy here.
- Church/Ministry clothes: skirts/pants/capri & shirt/blouse (2 bottoms, 3 tops/nice t-shirts are okay) These would be for church and ministry days, home visits, outreach ministry, government office visits, etc.
- Around the house clothes: knee length shorts (“Sofee” shorts or running shorts will not be allowed), t-shirts
- Bathing: dark colored t-shirt & shorts. There may be times when you are in community and may bathe at a community pump so you’ll need to be prepared

Medical Supplies

Required:

- Digital thermometer (2 or 3)
- Black Pens (can be purchased locally)
- A watch or timepiece with a second hand is a **must** in the birth rooms. These are available, although we've found a pocket style watch hanging from your stethoscope or pinned to your scrubs is convenient. We have not found any of these in Davao City. A regular wrist watch with a second hand is fine.

Suggested:

- B/P Cuff (Nehemiah Teams has some of these available)
- Stethoscope (Nehemiah Teams has some of these available)
- Fetoscope
- Doppler
- If you have latex or powder allergies, bring your own sterile/non-sterile “no powder” gloves as they are not always available here and are not stocked in the clinic.

Other

- Bible/devotional materials/journal
- *Spiritual Warfare*
- 2 pcs- 2x2 passport photos (color photo w/ white background) for visa renewal application
- Additional ID other than your passport- driver’s license, school ID, etc.
- Set of twin sheets, small pillow
- Towel & washcloth. Quick-dry, backpacking type is nice.
- Sturdy water bottle, at least 1 liter capacity (Nalgeen-type)
- Swimsuit (modest, 1 piece or tankini style) & cover-up. If you go to the beach with Filipinos, the girls will swim fully clothed.
- Prescription medicines
- Sunscreen
- List of important phone numbers/email addresses

- Tampons, if you use them. They aren't available here. Pads are plentiful!
- Personal backpack/slingbag/purse for daily use
- Sandals are appropriate for most days outside of the clinic
- Xerox copy of your passport bio page packed separately from your passport.

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. There will be a place to leave your original bag over the summer. If you can't get it all in that... then you've got too much!
- You can buy additional personal hygiene items after you arrive 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 your supervisor, these can be packed in a 2nd checked piece of luggage. Good idea to pack these as a team upon arrival at orientation.

General guidelines for clothing:

- Team members will wear scrubs or long pants/capris & clean shirts during work & ministry time.
- Sleeveless shirts are not permitted for guys or girls. (This includes tank tops.)
- Modest shorts are permitted to be worn in the dorm. Shorts should reach just to the knee when standing (at least 7" inseam). No "Sofee" shorts or running type shorts. Skirts should also reach the knee.
- No shirts that are tight fitting, low V-neck, 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.
- The Filipino Christian culture primarily sets the standard of dress code for our midwifery students. Although you may see some of the general public wearing the above "forbidden" items that is not our standard. We ask our students/interns to conform to the modest style of dress as worn by the Filipino community.
- If you not sure if something would be appropriate (especially if you're in a very conservative culture) 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 a towel and 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.