

## Nehemiah Teams 2019 Multinational Advance Philippines Packing List

Since your team will be spending time in two countries, please consider the information for both (South Korea & Philippines) as you plan your packing. Most clothing will be acceptable for both locations. Ask if you have questions. ☺



### Clothing Guidelines for Clothing (South Korea):

- Seoul is a first world city. Slouchy, ragged or torn clothing is not appropriate. Shirts and pants should be neat. Korea traditionally remains a modest country when it comes to dress, although younger people are changing fashion trends. For this team however, modesty is golden. For females, any shirt showing cleavage is unwelcome and inappropriate. This includes tank tops and V-necks, etc. Summers are quite hot and humid, and AC is sparse. Team members should not wear sleeveless shirts or sleeveless dresses. No tank tops for men or women. Skirts should reach the knee. No short-shorts (at least 5" inseam or longer). Tights or leggings can be worn under a dress but are NOT to be worn as pants with just a shirt.
- Shoes: Flip flops are discouraged on most occasions (free time and swimming are exceptions). Team members can wear sandals but they must have a strap around the back of the ankle. There will also be a lot of walking on this trip. Comfortable shoes are recommended for long walks. Tennis shoes are good.

### Guidelines for Clothing (Philippines):

- Ministry clothes (lightweight pants/capris/jeans with clean shirt) 3 pants, 5 shirts. You should have at least one non t-shirt.
- 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 ministry (no flip-flops)
- shorts (7" inseam) for day off & around the house (shorts should be within 2" of the knee when standing. No "Sofee" or running shorts to be worn in public)

### Other important items:

- Bible/journal
- *Spiritual Warfare* book (pre-field reading list item) <http://www.nehemiahteam.com/pre-field-preparation.html>
- Additional ID other than passport (drivers license/student ID/etc)
- bedding (self-inflating sleeping pad, sheet, pillow)
- towels & washcloth (light, quick-dry is best)
- personal eating utensils: plate, cup, bowl, spoon/fork (used on field)
- sturdy water bottle (at least 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
- tampons (if you use them, not available)
- camera (optional but you won't have your personal cell phone to use)
- insect repellent
- hammock (optional)
- prescription medicines/basic personal first aid kit
- flashlight/headlamp (additional batteries available locally)
- 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:**

- We suggest you bring at least 10 backpack meals with you. (Mountain House is a good brand.) Since you will be responsible for your own cooking, these will be an easy & nutritional addition to your diet over the summer. (Philippines)
- 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:**

- All students 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 will be able to wash almost everyday (you will be washing by hand).
- 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:**

- Team members will wear pants & 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.
- Body piercings (other than regular ear piercings) are usually associated with drug users. Please remove these before you come. (Philippines)
- Girls must wear shorts & t-shirt over swimsuit when swimming. Girl's swimsuits should be very modest - i.e. a one piece or tankini. They should not have a low or V-type neck.
- Any tattoos must be covered during teaching and ministry times.
- Hairstyles should be neat and professional. Men should be neatly shaved.
- No shirts that are tight fitting or expose the midriff. Shirts worn during personal time still need to look nice. Collared or Polo-style shirts are preferred for guys, although nice T-shirts are good, too.
- 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.
- REMEMBER: If it isn't modest, then it isn't acceptable.

**Orientation/debrief items**

- Bedding during orientation/debrief: self-inflating sleeping pad or foam pad, sheet, small pillow (no electricity on site for blowing up air mattresses)
- Outdoor bathing stations: All students will need dark colored shorts & shirts to wear while bathing. Flip-flops recommended.
- All students need a towel for bathing.
- Personal water bottle (recommended 1 qt capacity)
- Headlamp/flashlight
- Watch w/ alarm or battery-operated alarm clock
- Rainjacket/poncho or umbrella
- Handheld mirror
- Mosquito repellent w/ DEET
- Toilet paper (2 rolls) or disposable wipes