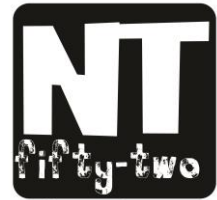


Nehemiah Teams 2019

Nurse 2 Nurse



nehemiah teams

Clothing:

- Normal daily wear: (2 bottoms, 4 tops)
Girls: Long pants or capris and modest shirts (knee length). No tank tops. Sleeveless blouses are fine. Nothing that is tight-fitting or exposes the midriff. Sandals or shoes.
- Ministry clothes 2 sets
Girls: Knee length dresses or nice pants/khakis with short-sleeved shirt and shoes or nice sandals are best worn to church.
- Sports shoes, hiking shoes & sandals are all appropriate. We would recommend at least one pair of closed toe shoes.
- underwear, socks
- sleep clothes
- swimsuit (1 piece or tankini) & towel
- shorts for traveling, day off, & around the house. No running shorts or "Soffee" type shorts for girls.

Other important items:

- Bible/journal
- *Spiritual Warfare* book (pre-field reading) <http://www.nehemiahteam.com/pre-field-preparation.html>
- Additional ID other than passport (drivers license/student ID/etc)
- towels & washcloth (light, quick-dry is best)
- Photo copy of passport picture page (laminated and pack separately from passport)
- list of important phone numbers/email addresses/ mailing addresses
- sunscreen/sun block/hat
- camera
- insect repellent
- prescription medicines/basic first aid kit
- pictures of family & friends to show (small photo books work great)
- small gifts to give away (US candy, key chains, memorabilia from your school/city, etc.)
- indoor type clothesline that can be hung in your room
- UNO cards or other card games to teach and then leave with those they work with
- Suggestion: UnderArmor type lightweight sportswear tops are good b/c it is modest, lightweight and dries fast.
- One group brought some July 4th party goods to use to teach a holiday English lesson during English club (optional)

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

Foodstuff:

- Many prefer to bring some favorite breakfast items/snacks with them: granola bars, cereal bars, p-nut butter crackers, etc... p-nut butter/crackers can be purchased here.

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 into this bag. 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 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 & deodorant.

General guidelines for clothing:

- Slouchy, ragged, or torn clothing will not be appropriate.
- Team members will wear long pants & clean shirts during ministry time.
- 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.