

Nehemiah Team Packing List 2015 Pearl Islands

General Rule: The less you can bring the better. Think minimally/simplistically.

Clothing

- Comfortable flip flops or sandals...preferably rubber that can get wet. Sandals should be something like Keens, Chacos or Reefs
- A pair of close-toed shoes or good walking tennis shoes or light-weight hiking shoes that can double as dress shoes.
- Three pair casual long pants/quick dry pants
- 1 pair knee length shorts
- 3-4 T-shirts (Don't bring anything that has the name of a church on it.)
- 1-2 Collared shirts with short sleeves for men
- A thin rain jacket
- Conservative pajamas or sleep shorts (your restroom may be outside your house)
- Bathing suit
- Hat or sunglasses
- Underwear/socks
- 1-2 Rash guards/wet shirts for water

General guidelines for clothing:

- It is HOT here, so the lighter the clothes the better
- Team members will generally wear long pants & clean shirts.
- Sleeveless shirts are not permitted (This includes tank tops).
- Modest, knee-length shorts can be worn in your home or at the beach.
- Tight fitting pants/shorts are not permitted.
- Male team members should wear a shirt at all times.
- 3 pairs of pants and 6 shirts should be sufficient for everyday wear.

Other Important Items

- 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 re-pack your belongings in this when you arrive at orientation. There will be a place to store your original bag & any extra items you choose to leave behind. 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).
- Sea bands or Dramamine (for seasickness, some medication also available here)
- Flashlight/Headlamp (good batteries available here)
- Camera
- Mask, snorkel, and dive/reef booties.
- Nalgene bottle, canteen or other water bottle.
- Pepto bismol tablets
- Ibuprofen/Aspirin
- Prescription medications (if you take them)
- Multi-Vitamins
- A backpack or "beach bag" (dry bags like "[FeelFree](#)" work well for the day)
- Wash cloth & Bath Towel (may prefer a gym or camping towel that is lighter weight and dries faster than regular towel)
- Bible/ Devotional materials
- 6 photocopies of passport picture page (kept somewhere other than with passport, like

in your checked bag)

- Journal
- Bug repellent (just get a small bottle, b/c you can get more here. If you are allergic to DEET, then bring your own.)
- Wet wipes/Hand sanitizer (can also buy here)
- Sunscreen – you're on the equator – you're going to need this.
- Soap/Shampoo/Lotion/Deodorant/Toothpaste – All available here. You can buy more as needed
- Pictures of your family to show others here
- List of important phone numbers/e-mail addresses
- Bring your required field money in crisp \$100 or \$50 bills (if bringing cash – the larger the bill the better the exchange)
- \$200.00 optional spending money or better ATM card to access spending money
- 1 set single bed sheets to sleep on with a sleeping mat (the self-inflatable kind are recommended), or a sleeping bag (try to stick with thin material).

Gifts to bring to give away

- Card games: Uno, Skipbo, Playing cards, etc.
- Children's books in English (used books are fine)
- Small toys/stickers/ candy to give to children (hard candy, blow pops, etc.)
- Small English Bible to leave with translator

Food Items

- Your favorite breakfast items for the entire summer: granola bars, instant oatmeal, cereal bars, pop tarts, etc. The locals eat rice for breakfast so these things are not readily available.
- 10 meals that you can cook on the stove top without many other ingredients, such as: Velveeta shells and cheese, pasta with sauce or back pack meals from a camping store where you just add water (for those nights when you just don't want to eat rice AGAIN!) Ramen noodles are readily available here.
- Snack foods such as: peanut butter crackers, snack size chex mix, trail mix, etc.

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.