

## **Nehemiah Teams 2015 Philippines Girls Packing List**

### **Clothing:**

- Ministry clothes (pants/capris/jeans with clean shirt) 3 pants, 5 shirts. You need to have at least one non t-shirt.
- underwear, socks
- sleep clothes (shorts & t-shirt are fine)
- swimsuit (1-piece modest or tankini) & towel
- closed-toe shoes or sandals for ministry (no flip-flops)
- shorts for day off & around the house (shorts should be within 2" of the knee when standing)

### **Other important items:**

- Bible/devotional materials
- *Spiritual Warfare* book
- 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
- 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/ mailing addresses
- sunscreen/sun block/hat
- tampons (if you use them, not available here)
- camera
- insect repellent
- prescription medicines
- flashlight (batteries available here)
- pictures of family & friends to show
- small gifts to give away (candy, stickers, etc.)

### **Foodstuff:**

- We suggest you bring at least 10-15 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.
- 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 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.

### **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.

### **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.