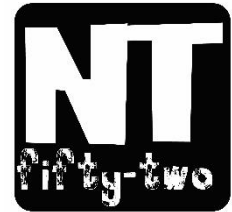


Nehemiah Teams 2020

Preschool, VBS & Prayer Walking Team

Packing List



nehemiah teams

Lonely Planet Book: Helpful to have more than one within your team
First Aid Kit (only one for the team)
6 pack of Dr. Pepper & Almond Joys for host

Clothing:

- 3 or 4 pairs of Lightweight, flowy pants (**DON'T BRING JEANS!!!**) You will buy local Lao skirts made to fit on site when you arrive in country to be worn with collared shirts on preschool weeks.
- 3 or 4 collared shirts
- 4 cotton or t-shirts (bring at least one with no graphics for Sundays at church)
- Sleeping clothes: shorts with at least 7" inseam. (Christians here don't wear shorts out so only for around the hotel)
- Underwear (may want to go with sports bra) and socks
- Dark shorts & dark t-shirt to swim in
- Secure sandals (like Chacos or Birks)
- Tennis shoes only if you really love them otherwise you probably won't wear
- **Easy to put on and take off** sandals for preschool weeks (you don't wear shoes inside anywhere in Asia)
- Rain jacket/poncho (its rainy season)
- Watch (you won't have your phone to check the time)

You will be able to wash clothes so only pack for 5 days. You will wear ministry clothes at orientation and debrief

Toiletries:

- Bring shampoo and conditioner for orientation but to lighten your load buy it here
- Spray sunscreen (you can't buy here so have enough for the summer)
- Bugspray with **DEET** (the mosquitos are relentless, and you don't want diseases!)
- Tampons (they don't sell here so have plenty)
- Dry shampoo (optional)

Other:

- 2 sets of **exact** change \$35 for visa!!!
- 2 passport photos (2x2) (go to CVS, Walgreens)
- Xerox copy of passport picture page (pack separately in case you lose passport)
- Additional form of photo ID
- **Clean** \$100 bills!!! (when exchanging they **will not accept** if there are ANY rips or markings!!!)
- Know your Facebook and email passwords this is how you will communicate with home
- Camera and charger or batteries (you will want to capture the moments here)
- Picture of friends and family to show your teammates & new friends
- Bible that isn't too heavy (You will carry it everywhere)

- A sturdy backpack big enough to live out of for a week (can also be used as carry on during travel)
- Journal
- Personal Medicine (Tylenol, American Cold Medicine)

Food:

- Granola Bars
- Favorite candy from home that won't melt
- Instant Oatmeal for breakfasts

Orientation/debrief items

- Bedding during orientation/debrief: self-inflating sleeping pad or foam pad, sheet/lightweight blanket, 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
- Hand sanitizer
- Toilet paper (2 rolls) or disposable wipes

Packing Info:

You will be issued a 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 is included in field expense. You will get the bag at orientation and repack your belongings for the summer. There will be room to store your personal bag and extra items you choose to leave behind. If you can't fit it all in that... then you have too much! If your supervisor has asked for specific equipment or personal items, these can be packed in a 2nd checked bag.

Clothing Guidelines:

- No military type clothing or accessories
- Girls must wear shorts and t-shirt over swimsuit when swimming
- If you are not sure if something is appropriate ask local supervisor