

Nehemiah Teams 2020 Refugee ESL Team Packing List



- **Shirts** – Modest, not too tight, no low cut or exposing midriff when hands are raised. Sleeveless shirts that DO NOT show a bra strap are acceptable for being out in the city on an off day. Thin strapped tank tops are not appropriate. Tunic tops or shirts with $\frac{3}{4}$ sleeves (past the elbow) and covering the bottom are required for proper settings such as an Afghan home, teaching ESL to Afghans or an Afghan school. Iranian culture (women) typically dress nice for outings: slouchy, ragged or torn clothing are not appropriate. Any tattoos must be covered during teaching and ministry times. Avoid bringing any mission trip shirts.
- **Pants/skirts/shorts** – Capris, skirts to the knee, jeans, loose pants are appropriate for wearing outside of the house and around the city. Modest shorts can be worn at home and if you go somewhere like a waterfall. You can wear athletic shorts for exercise. When visiting Afghan homes, teaching ESL classes or helping at an Afghan school pants need to be worn (can be jeans or looser pants, but not tights/leggings).
- **Jeans and a blouse** can work in almost all setting, even churches (and outings with Iranians). Bring one or two nicer set of clothes for those occasions that might need it.
- **Underwear & socks**
- **Jacket** – Light weight for plane (but you won't even want to look at it while you are here, unless you are cold natured. The shopping malls can be cold)
- **Swimsuit** – VERY modest (a one piece or tankini; no low or V-type neck)
****You will have access to a washing machine daily**** Clothes will hang dry.
- **Shoes** – Good walking sandals, tennis shoes, nice flip flops (keep in mind you will be taking off shoes every time you enter a home)
- **Bible +** – devotional materials/journal
- **Toiletries** – make-up, prescription meds, feminine products (you can get quality pads here but tampons are quite expensive), deodorant (you can purchase deodorant here but possibly not the kind you like) Other items like shampoo, toothpaste and such can be purchased here without any problem. Your curling iron and blow dryer voltage will NOT work here. If you need these you can buy them here or bring a converter.
- **Xerox copy** of Passport Picture Page (Pack this separately from your passport)
- **List** of Important Phone Numbers/Email Addresses/Mailing Addresses
- **Pictures** of family, friends and hometown to show
- **Water Bottle** (can be purchased here if you want)
- **Travel needs/wants** – Passport, ATM card with international access, camera
- **ID** – bring additional id other than Passport (i.e. Driver's License/Student ID)
- **Extras** – hand sanitizer, water bottle, totebag/back pack for daily use, sunglasses, sunscreen, small umbrella *All of these can be purchased locally and inexpensively if space is an issue.*

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/Luggage

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 the 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 space 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 every day (you will be washing by hand).