

Nehemiah Teams 2020

Rock Climbing CD Team Packing List



Women:

- Casual, loose-fitting shirts (bare arms and exposed collar bones are not acceptable, t-shirt length sleeves).
 - Shirts and blouses must be long enough to cover backsides
 - Loose fitting pants (workout-type, yoga, no shorts)
- Comfortable sandals like Chacos, Teevas, etc.
- Underwear/bras/sports bras
- Sleep Clothes (pj pants/shorts & t-shirt)
- Light Jacket
- Modest swim wear (no two pieces)

Men's Clothing

- Casual
 - Short sleeves are acceptable
 - Pants (comfortable for climbing and fitness activities)
- Workout/sports clothes (t-shirts and shorts are acceptable for men)
- Underwear/Socks
- Sleep Clothes
- Light Jacket
- Modest swim wear

Other Items:

- Bible, Journal, etc.
- Small backpack for daily use (also used for carry on during travel)
- Sunscreen
- Water Bottle (at least 1 qt capacity)
- Flashlight/headlamp
- Prescription Glasses
- Prescription Meds
- Makeup (women)
- Passport and Photocopy of Passport
- List of Important Phone Numbers/Email Addresses/Mailing Addresses
- Cash for travel and visa at the airport
- ATM and Credit Cards

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 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 for the summer into this bag. There will be a place to store your original bag plus any extra items you choose to leave behind for 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.