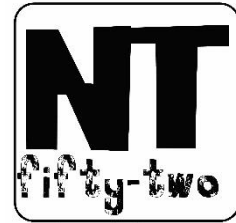


Nehemiah Teams 2019 Romania Teams Packing List



nehemiah teams

Clothing Guys:

- 2 pair of jeans/pants
- 2 dress pants (for worship at church)
- 5 pair of underwear
- 5 pair of socks
- 2 button up /collared shirts (polo type)
- 4 T-shirts
- Light jacket for cool nights
- 3 pair of cargo type shorts
- Athletic shoes (daily use), sandals, dress shoes (to wear with dress pants for church)
- Swimshorts with t-shirt
- Hat/beanie (optional)

Clothing Girls:

- 2 pair of jeans/pants
- 2 dress pants or dresses/ skirts (long, not above the knee) (for worship at church)
- 5 pair of underwear
- 5 pair of socks
- 3 pairs of capris, or Bermuda type long shorts (at least 7" inseam, to the knee)
- 4 T shirts / (no tanktops, sleeveless, low cut shirts)
- Light jacket for cool nights
- Athletic shoes (daily use), sandals, dress shoes (to wear for church)
- Swimwear with t-shirt (Modest, 1 piece or tankini with cover up)
- Hat/beanie (optional)

Other

- Toiletries
- Medicines- bring any necessary meds since it may not be available here.
- Bible/journal
- Water bottle (at least 1 qt capacity)
- Camera (you won't have your personal phone to use as camera)
- Watch/travel alarm clock (optional)
- Breath mints
- Small flashlight/headlamp
- Sunscreen
- Insect repellent
- Small gifts for your translators (example: Tshirt or hat from your state or school)
- If possible, bring older but still working laptops to donate, ask your friends/church if they have any. Needs to have Windows, Word and Powerpoint
- *Spiritual Warfare* book (pre-field reading list) <http://www.nehemiahteam.com/pre-field-preparation.html>

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 every day (you will be washing by hand).
- You can buy additional personal hygiene items here to lighten your load in packing: shampoo, soap, toothpaste, etc.
- If you are asked by your field supervisor to bring equipment or personal items for them, these can be packed in a 2nd piece of checked luggage. Good idea to pack this as a team once you arrive at orientation.

General guidelines for clothing:

- 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 (especially if you're in a very conservative culture) please ask your local supervisor before coming or just chose to leave it at home.

Orientation/debrief items:

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