

## Nehemiah Team 2018 Seed Sower Team Packing List



### Clothing

- Comfortable sandals for walking...preferably rubber that can get wet. Keens or Chacos are good to have and can fit this category.
- Flip flops
- Boys- One pair closed toe dress shoes for church.
- Girls- A nicer pair of sandals for church/ going to cultural events.
- 1 pair knee length shorts to wear swimming with a dark T-shirt or surfer type shirt. NO SHORTS can be worn by girls. This is a Muslim Culture.
- 3-4 loose fitting T-shirts (Don't bring anything that has the name of a church on it, crosses, or pigs)
- Girls- 3-4 Blouse/dress shirts 3/4 length sleeves for women. Please make sure these are LOOSE fitting, not low cut, and even better if they cover your backside.
- Boys- 2-3 short sleeve collared dress shirts.
- Boys will wear pants when out and doing ministry. Can wear shorts in your room.
- Thin rain jacket
- Conservative pajamas or sleep shorts (your restroom may be outside your house)
- Hat or sunglasses
- Underwear/socks/sports bra

### General guidelines for clothing

- Team members will generally wear long pants & clean shirts.
- Sleeveless shirts, tight fitting or low cut shirts, are not permitted (This includes tank tops).
- Girls: No "Sofee" shorts.
- Boys should always wear a shirt
- Tight fitting pants/shorts/skirts are not permitted.
- Female team members should wear dark colored clothing when bathing or swimming with nationals.
- No shirts that are tight fitting or expose the midriff.
- 3 pairs of pants and 6 shirts should be sufficient for everyday wear.

### Other Important Items

- 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).

- Pepto Bismal and any prescription medications you take regularly. Tylenol and antibiotics can easily be gotten here.
- Small flashlight/head lamp (power goes out sometimes)
- Camera
- Nalgene bottle, canteen or other water bottle.
- Tampons, if you use them (don't have them here, but pads are readily available)
- Carry On sized back pack you can use when traveling to villages/ making short trips.
- Wash cloth & Bath Towel (may prefer a gym or camping towel that is lighter weight and dries faster than regular towel)
- Bible/Devotional materials/Journal
- 6 photocopies of passport picture page (kept somewhere other than with passport, like in your checked luggage)
- Bug repellent (just get a small bottle, b/c you can get more here. If you are allergic to DEET, then bring your own.)
- Wet wipes (optional: can also buy here)
- Sunscreen – you're on the equator – you're going to need this. No sunscreen sold here.
- Soap/Shampoo/Shower gel/Lotion/Deodorant/Toothpaste. You can buy all of these items here.
- Pictures of your family to show others here
- List of important phone numbers/e-mail addresses
- Bring your required field money in crisp \$100 or \$50 bills (if bringing cash). No folds, bends, or wrinkles. Easier if you don't bring a lot of cash to be exchanged and just use your bank card at one of the many ATMs here. Make sure you contact your card company ahead of time so they will know where you are traveling.
- 1 set single bed sheets to sleep on with a sleeping mat, or a sleeping bag. Sleeping bags are usually too hot
- Hand sanitizer (optional: can also buy here)

#### **Gifts to bring to give away**

- Card games: Uno, Skipbo, Playing cards, etc. Playing games is a great way to hang out and make friends with other young people.
- Small toys/stickers/ candy to give to children (hard candy, blow pops, etc.)

#### **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.