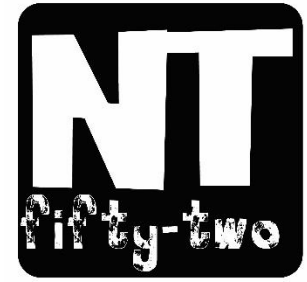


Nehemiah Teams 2020

SocialLights Packing List



A big key to remember is to be modest but comfortable. The weather is hot and humid, and it tends to rain often.

- No sleeveless shirts, no low cut v-necks, or low backs. We'd suggest enough lightweight shirts for one week; short sleeves are ok for wearing around your home, but you will need $\frac{3}{4}$ length or long sleeves for going out to do ministry.
- Basketball shorts can be worn in your room/home, but shorts may not be worn in public.
- Leggings can be worn if your shirt/dress is around knee length, but leggings with a T-shirt are not acceptable.
- You'll want a few pairs of pants/jeans, or long, full-length skirts. Would recommend enough clothes for 1 week. You may want to bring a pair or two of hiking/lightweight pants if you are invited to visit villages outside the city.
- Would recommend 1-2 "nicer" (blouse or w/ collar) shirts for church or if invited to a wedding or other big event.
- 1 pair of "nicer" close-toed shoes
- Comfortable pair of sandals/flipflops.
- A modest swimsuit (long shorts [like board shorts] and long-sleeve sun-shirt over suit)
- Light rain jacket
- Socks and underwear
- 2 towels and wash cloths (you could buy bath towels here but they are thin towels for about \$7-10. Wash cloths are available as well, or loofa sponges are cheap here if you prefer to use that.)
- Headlamp/flashlight
- Mat for sleeping on the floor in villages
- Bible/journal
- Sleepwear – pajama pants & t-shirt
- Tampons are NOT sold here, so will want to bring those with you.
- Toiletries that are sold here: toothpaste, toothbrushes, shampoo, conditioner, body wash, contact solution, etc.
- If you take regular medicine then make sure you have enough for your entire time here.
- Would recommend bringing pepto bismal.
- Sunscreen – it is rare to find here, and it's expensive.
- If you have room, it could be nice to have small "American" things to give people you connect with. If you don't have space, no problem.
- They sell water bottles at all convenience stores, but could be nice to have your own water bottle as you're out in the city. No need for water filter.
- A small "around the city" type of backpack could be helpful – like a Kavu
- A small backpack (around 35 liters or less) if you get invited to go explore outside the city for a few days with people. (Would also be used as your carry on during travel)

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