

Nehemiah Teams 2017 Lao Team Packing List



Clothing:

- Comfortable walking/hiking shoes or sandals (something like Keens would be good).
- Flip flops or sandals for bathing
- 1 pair cleats & tennis shoes
- Three pair of lightweight hiking pants (quick dry)
- 1 pairs of slacks (dress pants, not jeans or hiking pants)
- 3-4 pair of shorts for time off, sports and/or around the house
- Bathing suit
- 3-4 T-shirts or backpacking shirts
- 2-3 short-sleeve, collared shirts
- 2-3 sport-style/t-shirts
- Lightweight rain jacket
- Conservative pajamas or sleep shorts (restroom may be outside)
- Hat/cap and/or sunglasses
- Underwear

Other Important Items:

- Bible/devotional materials/journal
- Additional ID other than passport
- Towel (camp towel is best) and wash cloth
- Water bottle
- Copies of passport
- List of important phone numbers and email addresses
- Sunscreen
- Camera
- Insect repellent
- Prescription medications
- Flashlight or headlamp
- Pocket knife (packed in checked luggage)
- Hammock w/ mosquito net (if possible)
- Toiletries (soap, shampoo, deodorant, toothpaste)
- Four extra passport-size photos
- Bring your required field money in crisp \$100 or \$50 bills (if bringing cash). ATMs are available, but they only dispense local currency. The service fee at most ATMs is around \$2.50 per transaction. Your U.S. bank may have an additional charge.

Food Items:

- Bring some snack foods such as granola bars, peanut butter crackers, energy bars or whatever you prefer.

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!
- If you are required to bring specific equipment or asked to bring personal items for supervisor, these can be packed in a 2nd piece of checked luggage. Good idea to pack these as a team after arriving at orientation.
- You can buy additional personal hygiene items here to lighten your load in packing: shampoo, soap, toothpaste, etc.
- Sleeping bags and sleep pads will be provided on the field.

General Guidelines for Clothing:

- Team members will wear long pants & clean shirts during ministry time.
- Sleeveless shirts are not permitted for guys or girls
- No military-type clothing or accessories. No "Christian" shirts or jewelry.
- 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:

- 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. All will need a personal towel.

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.