

## Packing List for Short Term (2-5 months)

**\*\* Make sure you are under the weight limit for both your carry on and check-ins on your Airlines!!**

### 1 Carry On

- Be sure and pack what you would need to survive for a day just in case your luggage is lost\*\*

### 2 Important Documents and Money

- Passport, visa, credit card(s), emergency (amount?) and shopping cash (make sure they are new (at least from 2001), crisp \$100 bills). \*\*You will be able to go to the ATM while here.

### 3 Personal Toiletries & Basic First Aids.

-You can get most of your personal needs here. Bring your own medication, if you are on any. Dayquil/Nyquil pills. Bring sunscreen.

-It is highly suggested to bring medication for upset stomachs as well.

-The place where you will be living will provide all towels, wash cloths, and bedding.

-You will be able to find toothpaste, shampoo/conditioner, body wash, lotions, etc. (If you are particular about the brand you use, you should bring enough deodorant, face wash, and toothpaste)

-Girls- bring your own hair products (i.e. mousse and hairspray) You can find it here, but limited and expensive. You will also want to bring enough feminine products and razors to last you.

-Guys- Might want to make sure to bring your own razor and deodorant, you can get both here but usually not quite as good

-Don't worry about bringing a hair dryer (provided in the house where you will stay) However, girls if you can and want to have a straightener I suggest you find one in the States that is 110-220v. Revlon makes one that you can find at any Target or Wal-Mart.

-Things such as q-tips and cotton balls can be purchased here so don't waste room in your suitcase.

-Bring Band-Aids and simple first-aid items.

### 4 Extra Items

-“Oleh-Oleh”(small gifts) are very popular and accepted here. Simple gifts such as key chains would be a great idea to bring. Possibly things that have your university/state on them. Or even your favorite candy would work.

-Bring your Bible, journal, and pens. You'll want something to be able to write in.

- If you own a camera bring it. You can get batteries here but go ahead and bring some.

-If you wish to bring your personal computer you may, but it is at your own risk. Just be smart/safe with it. (If you can get travelers insurance on possessions, do so.)

-If you would like to bring one or two photos of friends and family that would be a great way to converse with new friends at The Center.

-A water bottle would be a good idea. (like a nalgene bottle)

-If you have converters, bring them. BUT if not, we will be able to find some.

- Bring a backpack. Girls- don't bring more than two purses. You'll mainly use your backpack.

-A small flash light. Blackouts do occur occasionally.

-Any extra small Bibles or just NT's that you wouldn't mind leaving or giving to someone.

-Feel free to bring any good books as well. The long-term people wouldn't mind if you left them

### 5 Food and snacks

-You will be eating lots of “new” food. So, if you have a weaker stomach please bring filling snacks that would be able to hold you over while you're adjusting just in case. Cliff bars are great!

-Don't worry about regular snacks (chips, candy, etc) You will have the chance to get that here when you arrive!

### **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.

### **Packing information:**

- Nehemiah Team members will receive a duffle bag/backpack to use for the summer. A deposit/usage fee is included in your field expense budget. You will pick up this bag when you arrive at orientation and re-pack your things. There will be room to store your original bag & extra items over the course of the summer. **This will be your checked piece of luggage.** In addition you can have a carry-on (weighing less than 15 lbs.).

## **What to Wear**

**The main thing is to be modest and comfortable. It will be hot, like a FL summer, so dark colors will attract more heat, of course, since we are closer to the equator.**

### **Boys-**

- Enough light t-shirts to last one-two weeks
- Two pairs of jeans, and 2 pairs of shorts
- 3 pairs of work out shorts
- If you have- a few dryfit shirts for sports
- 2-3 "nicer" shirts for church and nights out
- 1 pair of nice pants in case you attend a wedding
- Comfortable sandals/flip flops (reefs work great)
- 1 pair of athletic shoes
- 1 pair of shoes you can wear while hiking (ex: Chacos)
- 1 pair of nicer closed toed shoes for weddings
- Swimsuit
- Light rain jacket
- Plenty of socks and underwear
- Light jacket/sweater for cool nights
- Sleepwear

### **Girls-**

- NO SLEEVELESS ANYTHING ☺
- Enough light t-shirts to last one week. (v-necks are okay just nothing revealing)
- 3 pair of jeans, bring capris or cropped pants if you can.
- 3 pairs of work-out clothes. You can wear capris length pants or long shorts

- A few “nicer” shirts for church and nights out
  - A knee length or longer skirt in case you are invited to a wedding.
  - 1 pair of nice closed toed shoes for wedding also
  - Comfortable sandals/flip flops since the weather is hot, but a lot of girls wear flats and converse also.
  - 1 pair of athletic shoes
  - 1 pair of shoes you can wear while hiking (ex: Chacos)
  - A modest swimsuit
  - Light rain jacket
  - Light jackets or sweaters for cool nights- cardigans are great!
  - Plenty of socks and underwear
  - Sleepwear- think modest
- \*\*It is okay to bring some things to look “cute” but please don’t bring your whole closet or jewelry box. You will be in a culture where it is totally acceptable to wear the same shirt twice in one week.

### **What NOT to Bring:**

- Anything that plugs in that is not 110-220v. Anything else will not work.
- Any heavy clothing. You won’t want to wear it and it will take up space.
- Overly “Christianny” clothing.
- Your whole bathroom. Girls- keep in mind most of your plug-ins won’t work. We do have a **few** extra available hair dryers though.
- Your whole closet. You will be in a culture where it is perfectly and one hundred percent fine to wear the same shirt twice in one week.
- Anything that you could not “live” without if it was stolen or lost.
- TOO MUCH STUFF. This is a culture where you’re better off with less. You’ll appreciate the extra packing room for when you return home.
- Tons of snacks. Some are okay, but it’s great and exciting to totally immerse yourself in the culture here, which includes food ☺

**When packing, try to leave some extra room in your suitcase or carry on. You will be given opportunities to buy souvenirs and will need a way to get them home!**

If you happen to forget something, don’t sweat it. You’re about to be living in a major city with access to many stores, shops, and malls. You’ll most likely be able to find it here.