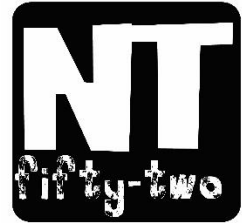


Nehemiah Teams 2019

Philippines Guys Packing List



nehemiah teams

Clothing:

- Ministry clothes (pants/jeans with clean shirt) 3 pants, 5 shirts. You need to have a solid white collared shirt with 3-4 buttons at the top (polo style). We will use these as our “Uniforms” for medical missions and visiting schools. Dri Fit or Quick Dry clothes are best since you wash by hand daily.
- If on basketball team, make sure you have a couple sets of “game clothes” and your shoes ☺
- underwear, socks
- sleeping clothes (a t shirt with sleeves and knee length shorts)
- swimsuit & towel (quick dry towel is best)
- Tennis shoes or hiking sandals for ministry (flip-flops only at home base)
- Knee length shorts around the “house”

Other important items:

- Bible/journal
- *Spiritual Warfare* book (pre-field reading list)
- Additional ID other than passport (bring student ID for student discount that you won't get without the ID)
- bedding (self-inflating sleeping pad, sheet, pillow)
- towel & washcloth (light, quick-dry is best)
- personal eating utensils: plate, cup, bowl, spoon/fork
- sturdy water bottle (recommended 1 liter capacity)
- xerox copy of passport picture page (pack separately from passport)
- 2 pcs passport photo (2x2) for visa renewal application
- list of important phone numbers/email addresses/ mailing addresses
- sunscreen/sun block/hat
- camera (optional, but you won't have your personal cell phone)
- insect repellent
- prescription medicines
- flashlight or headlamp (will be used at orientation and debrief in Alabama and here in the Philippines)
- pictures of family & friends to show
- small gifts to give away (pencils, stickers, etc.)
- umbrella

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

Foodstuff:

- We suggest you bring at least 10 backpack meals with you. (Mountain House is a good brand.) Since you will be responsible for your own cooking, these will be an easy & nutritional addition to your diet over the summer. Others have said that the lasagna and other pasta meals are tasty.
- We would also suggest bringing some of your favorite breakfast items: granola bars, instant oatmeal, etc.
- If you have specific questions about available foods, just ask.

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:

- Team members will wear long pants & clean shirts during ministry time.
- Sleeveless shirts are not permitted for guys or girls. (This includes tank tops.. exception to this is basketball team while playing games.)
- 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.
- Men here do not wear earrings. If you do, you will likely be thought of as gay. Also, body piercings are usually associated with drug users. Please remove these before you come.