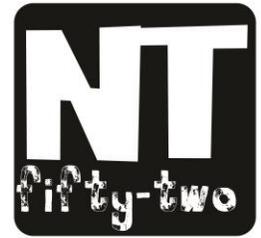


Nehemiah Teams 2019 Tourist on Mission Team



nehemiah teams

The main thing is to be modest and comfortable. It will be hot and very humid, like an AL summer, so dark colors will attract more heat, of course, since we are closer to the equator. Darker colored pants are best as to not show dirt. Keep in mind that Sumatra is tropical, it tends to rain often, and heavily, so expect you and your things to get wet.

Boys

- Light t-shirts to last one week. Dry-fit types work well. Or wait and buy a few things here.
- Three pairs of jeans or hiking pants, and 1 pair of shorts
- 2 pairs of work-out shorts
- 2 “nicer” shirts for church or nights out
- 1 pair of “nicer” pants in case you attend a wedding
- Comfortable sandals/flip flops
- 1 pair of shoes appropriate for hiking
- 1 pair of nicer closed toed shoes for church/weddings
- Swimsuit
- Light rain jacket
- Socks and underwear
- Sleepwear
- 2 towels and 2 washcloths
- Bible/journal
- *Any 3 book*

Girls

- NO SLEEVELESS ANYTHING, no v-necks or low backs or cut-off anything 😊
- Lightweight shirts to last one week. Elbow length or longer. Or wait and buy a few things here.
- 3 pair of jeans or hiking pants.
- 2 “nicer” shirts/blouse for church and nights out.
- Full-length skirt in case you are invited to a wedding.
- 1 pair of “nicer” closed toed shoes for wedding/church.
- Comfortable sandals/flip flops.
- 1 pair of shoes you can wear while hiking.
- A modest swimsuit (long shorts and long-sleeve sun-shirt over suit)
- Light rain jacket
- Socks and underwear
- 2 towels and 2 wash cloths
- Bible/journal
- *Any 3 book*
- Sleepwear- pajama pants and t-shirt

- If tampons are preferred, you must bring your own – they are not available here.

Other

- Bug repellent. Bug repellent is hard to find here, but very useful.
- Sun screen. Very hard to find and expensive when available, but very useful.
- If there's room, bring small gifts representative of America to share among those you spend the most time with. If you don't have space, no problem.

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

Packing information:

- You will be issued a hiking backpack by Nehemiah Teams to use as your checked piece of luggage. The size of the bag is 65 liters. The cost for using this bag is included in your field expense. Upon arrival at orientation, you will re-pack your belongings for the summer into this bag. There will be a place to store your original pack plus any extra items you choose to leave behind for the summer. If you can't get it all in that... then you've got too much!

What NOT to Bring to the field

- 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.
- Your whole bathroom. Girls- keep in mind most of your plug-ins won't work. Hair dryers, nope. Curling irons, probably not. If you are in a place where you can use these things, then you can probably borrow from someone.
- Your whole closet. You will be in a culture where it is normal to wear the same shirt twice or more in one week. **Also, you can buy clothes here, so save some room and plan on shopping a bit as you go.**
- Anything that you could not "live" without if it was stolen or lost.

If you happen to forget something, don't sweat it. You can either find a substitute or you will learn that you can live without it!