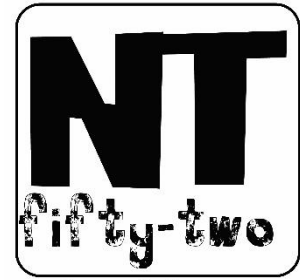


Nehemiah Teams 2018 UPG Adventure Team



Luggage

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. 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! You will be able to wash almost everyday (you will be washing by hand).

Clothing

- Comfortable flip flops (available locally). Beach shoes. Running shoes
- Jeans or casual light weight long pants. Women can bring a pair of capri pants.
- Knee length shorts for. Shorts canNOT be worn in town or while visiting nationals.
- T-shirts or other casual shirts
- A pair of comfortable close-toed shoes
- Collared shirt with short sleeves for men
- Blouse/dress shirt with sleeves for women
- Bathrobe or conservative pajamas (your restroom may be outside your room)
- Bathing suit (one piece or tankini for girls) CONSERVATIVE is a MUST. Board shorts are a great idea, even for girls!
- Hat or sunglasses
- Church clothes: One set of slacks/LONG skirt/shirt. Not too dressy. Church is pretty casual.

General guidelines for clothing

- Team members will wear long/pants & clean shirts during ministry time.
- Sleeveless shirts are not permitted.
- Modest shorts are permitted to be worn in your home or working out.
- Girls: Shorts should reach just above knees when standing. Long skirts to the ankle or lower calf.
- Tight fitting pants/shorts/skirts are NOT permitted.
- Male team members should wear a shirt at all times.
- Female team members should wear dark colored clothing when bathing or swimming with nationals.
- No shirts that are tight fitting or expose the midriff. No low cut shirts.
- 5 pairs of pants and 7 shirts should be sufficient for everyday wear.

Other Important Items

- Flashlight/Headlamp (batteries available here)
- Camera
- Pepto bismol tablets
- Ibuprofen/Aspirin
- Prescription medications (if you take them). Bring them in the prescription bottle.

- Tampons, if you use them (not available locally)
- A backpack or “beach bag”
- Wash cloth & Bath Towel (may prefer a gym or camping towel that is lighter weight and dries faster than regular towel – available here)
- Bible/ Devotional materials
- 6 photocopies of passport picture page (kept somewhere other than with passport, like in your suitcase)
- Journal
- Wet wipes (available locally)
- Sunscreen (available locally)
- Soap/Shampoo/Shower gel/Lotion/Deodorant/Toothpaste (available locally)
- Pictures of your family to show others here
- List of important phone numbers/e-mail addresses

Money

- At least \$200.00 US dollars cash...crisp 100 dollar bills.
- ATM card to access additional field budget funds & spending money. Call your bank and let them know where you will be so they will not freeze your account.

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.