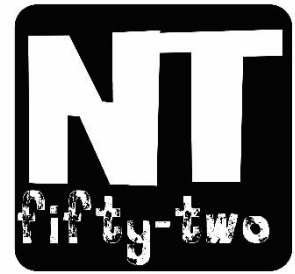


Nehemiah Teams 2019 Urban Catalysts Packing List



nehemiah teams

Carry-on Bag: Pack what you would need to survive for a day or two if luggage were to be lost.

Keys to Packing:

- Do pack only the necessities
- Do be a minimalist
- If you're not sure if you need it, email us.

Clothing: (Ideal clothing material is lightweight, cool, quick dry, and cotton. No overt Christian jewelry or apparel is permitted. Be extremely modest in your appearance, no tight fitting clothes.)

Guys:

- Shirts: 3-4 Polo Shirt/Short Sleeve Button Down Shirt; 2 T-shirts; 1 Long Sleeve Button Down Shirt (Sunday Casual Attire)
- Pants: 3 Pair of Lightweight Pants (Hiking Pants, Khakis, Jeans, etc.)
- Shorts can be worn in your room but not out in public
- Underwear and Socks
- Shoes: Flip flops or sandals; 1 pair of closed toe shoes (preferably slip-on since you will go in and out of people's homes)
- Exercise Clothes/Shoes/Bathing Suit: swimming trunks & t-shirt are appropriate
- Pajamas: Shorts & T-shirt
- Hat/sunglasses

Girls:

- Shirts: 3-4 ¾ length sleeve Shirts, nothing low cut around the neck or sleeve-less; 2 T-shirts; 1 outfit for Sunday attire (Sunday casual – skirt or pants is appropriate).
- Pants/Skirts: 3-4 Pair of Lightweight Pants (Hiking Pants, Khakis, Jeans, etc.) or Skirts at least mid-calf, nothing above the knee; pants recommended because you will be sitting on ground often)
- Underwear and Socks
- Shoes – Flip flops or sandals. No closed toe shoe is needed unless for exercising.
- Exercise Clothes/Shoes/Bathing Suit: necessary to wear Capri length exercise pants for exercising, one-piece swimsuit and/or shorts and a shirt are okay for swimming. Women here swim in their clothes.
- Pajamas: Thin/Lightweight pajama bottoms and a T-shirt
- Sunglasses

Other Items:

- 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).

- 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.
- Bible, Journal, and Pen
- *Spiritual Warfare* book (pre-field reading list) <http://www.nehemiahteam.com/pre-field-preparation.html>
- A few pictures of family and friends
- 6 photocopies of Passport Picture Page (kept somewhere other than with passport)
- Money: \$35 for Visa On Arrival (must be exact amount and new bills); \$200 emergency cash in crisp new bills in \$100 denomination); Visa/Mastercard ATM cards are accepted, be sure to notify your bank of your upcoming travel.
- List of important phone numbers and email addresses
- Camera
- Insect repellent
- Flashlight/headlamp
- Prescription Medicines (if you take them, bring them in the prescription bottle)
- Ibuprofen
- Towel (2) and Washcloth
- Hair brush/comb
- Sunscreen
- Any Preferred Toiletry Items (toothpaste, mouthwash, dental floss, soap, shampoo can be bought here, but if you have preference you need to bring your own)
- Deodorant (not a good selection here)
- Razors/Shaving Cream (available, but not much selection)
- Tampons (if you use these, pads are available here)
- 1 twin bed sheet and self-inflating sleeping pad or sleeping bag (it will be hot, but this will be cushion too)
- Bring a pillowcase – we can provide pillows for you.

Food Items:

- Breakfast/Comfort Foods: Granola/Energy Bars and Trail Mix
*Chocolate will probably melt but you may want to bring that...we can get m&m's and Snickers and that kind of stuff here.

Gift Items:

Small gifts you may want to give to friends you make. Anything small from your university or hometown or some kind of candy or item you enjoy.

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