

Nehemiah Teams 2017 Urban Discovery & Engagement



Clothing

- Daily clothes (3 bottoms - 5 tops)
- Underwear/Socks
- Sleep Clothes
- Swimsuit (see description below)
- Shoes (see description below)

Other important items

- Bible/devotional materials/journal
- Towel and washcloth (lightweight, quick dry is good)
- Additional ID other than passport (driver's license if possible)
- 2 xerox copies of your passport bio page
- Small backpack or slingbag and water bottle for daily use (you will be walking and taking public transport daily)
- List of important phone numbers/email addresses/ mailing addresses
- Sunglasses (something you don't mind getting scratched)
- Personal pillow (optional)
- Handheld GPS unit with micro SD card storage if possible
- 220 v electricity converter/adaptor (optional)
- Prescription meds for the full time in country
- Toiletries and personal hygiene items (deodorant/antiperspirant, shampoo, soap, toothpaste, etc. to get you started. You can get these in our city)
- Contact solution if needed for entire time in country (it is extremely expensive here)
- Sunscreen and mosquito spray like OFF

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. Upon arrival at orientation you will re-pack your belongings in this bag. There will be a place to store your original bag 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).
- If you are required to bring specific equipment or asked by supervisor to bring personal items from them, these can be packed in a 2nd piece of checked baggage. Good idea to pack these by team after arriving at orientation.

General guidelines for clothing

- You will be working in a developing urban setting that is a combination of traditional and modern
- Team members will wear long pants (guys) or dresses/skirts below the knee (girls)
- Sleeveless shirts are permitted for girls but tank tops or clothing with spaghetti straps or strapless outfits are not permitted.
- T-shirts are acceptable for both young men and women.
- Knee length shorts and comfortable tops for down time at the guesthouse
- Girl's swimsuits should be very modest – i.e. a one piece or tankini. They should not have a low or V-type neck. Guys, no speedos!

- People in our city like to look good so slouchy, ragged or torn clothing is not appropriate.
- No military-type clothing or accessories.
- Sandals and flip-flops are acceptable footwear but also bring comfortable, closed-toed shoes. You will walk a lot.
- A reusable rain poncho

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.