

Nehemiah Teams 2019 Urban Muslim Outreach



Clothing - Ladies

- Ankle-length skirts, modest shirts (make sure it comes up high enough on your chest) with modest sleeves; no clothing with American logos, no mission trip t-shirts. Inexpensive skirts can also be purchased locally.
- Shorts & jeans – you can wear these when you're not working but never in the ministry area; however, jeans are okay for church. Shorts must be close to knee-length when standing.
- Shoes – just wear what's comfortable, you'll be walking a lot in the neighborhood.
- Winter can be quite chilly and houses have no central heating so bring plenty of layers (i.e. leggings for under your skirt, etc.)
- Warm winter coat, sweatshirts

Clothing – Men

- Jeans and khakis are okay for work
- Shorts can be worn when not in ministry area
- Avoid wearing or bringing clothing with American logos or mission trip T-shirts

Toiletries

- If you have particular brands of deodorant, toothpaste, soap, etc., that you like you can bring those with you, but all of it is available locally.
- Medicines – Tylenol, creams, band-aids, and other over-the-counter drugs are also available locally
- If you use certain prescription meds, you may want to bring enough with you for your entire stay here
- Malaria meds are not needed here
- There is good healthcare in Johannesburg.

Electronics

- Most electronics now work on dual voltage. Plug adapters can be bought locally. You do not need to bring a converter.
- Don't bring a hair dryer or other appliances from the States. They almost always burn out. Local hair dryers only cost about \$20.
- Bring a good flashlight/lantern.

Misc.

- Bible/journal
- Photocopy of passport to carry with you
- Don't bring anything that if it were to get stolen, it would really bother you.

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

Banking Information

- You should bring an ATM card and a credit card.
- About 3 weeks before you leave, it would be good to notify your bank and credit/debit card companies that you will be living in South Africa for 6 months, so that when they see charges from here they won't freeze your card. Then, you should probably call again a day or two before you leave just to confirm.
- As for US dollars, you may want to bring about \$100 that are as new as possible.