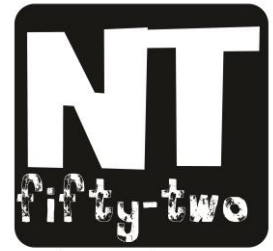


## Nehemiah Teams 2018 Urban Muslim Outreach



nehemiah teams

### Clothing

- For 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. You will have access to a washer/dryer in your apartment.
- Shorts & jeans – you can wear these when you're not working but never in the ministry area for ladies; however, jeans are okay for church.
- Shoes – just wear what's comfortable, you'll be walking a lot in the neighborhood. In ESL class, you'll be taking your shoes off in the classroom.
- Winter can be quite chilly and houses have no central heating so bring plenty of layers (i.e. leggings for under your skirt, etc.)

### 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

### Electronics

- Check any personal electronics to make sure they are dual voltage (100-240v). Plug adapters can be bought locally.
- You do not need to bring a converter.

### Misc.

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

### 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 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 every day (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.

### 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.

### 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.