

Nehemiah Teams 2018 Urban Rescuers



nehemiah teams

Clothing

- 3-4 Jeans or casual light weight pants/capris or knee-length skirts.
- 3-4 Casual shirts & a few t-shirts. You will want to have something other than t-shirts for daily wear. Bangkok dresses both trendy & professionally; please try not to look like a tourist. Would be ok to dress-down a little for days in slum areas.
- Good, comfortable shoes. We do SO much walking in Bangkok, so you need good support for walking long distances. It is also Thai courtesy to take off shoes before entering into a home, so shoes that can be easily slipped off at the door will be best. Flats or sandals are fine for girls. Flip-flops and “Chacos” shouldn’t be worn for daily ministry.
- 1-2 Collared shirt with short sleeves for men (various settings)
- 1-2 Blouse/dress shirt with sleeves for women (various settings)
- 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, sunglasses, strong sunscreen, bug spray, umbrella for raining season, good water bottle for refill

General guidelines for clothing:

- Team members will wear long/pants & clean shirts during ministry time.
- Sleeveless shirts are okay if professional (no cotton tank tops, spaghetti straps or cleavage showing)
- Modest shorts (at least 5” inseam) are permitted to be worn in your home or while working out
- Girls: Shorts & skirts should reach just above knees when standing.
- Tight fitting pants/shorts/skirts are NOT permitted.
- Male team members should wear a shirt at all times.
- Both genders should wear dark colored clothing when bathing or when 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.
- Thin scarves are great for girls to bring to incorporate modesty and fashion

Other Important Items

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 bag 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 may be washing by hand).

- If your supervisor asks you to bring some personal items for them, this can be packed in a 2nd piece of checked luggage. Good idea to pack it as a team after arriving at orientation.
- Camera
- Personal & prescription medications (if you take them). Bring them in the prescription bottle.
- Tampons, if you use them (cannot find here, but pads are readily available)
- A backpack or purse for daily use
- Wash cloth & Bath Towel (may prefer a gym or camping towel that is lighter weight and dries faster than regular towel)
- Set of twin sheets, pillow (optional)
- Bible/devotional materials/journal
- Spiritual Warfare book
- Copy of passport picture page (kept somewhere other than with passport, like in your suitcase)
- Sunscreen
- Soap/Shampoo/Shower gel/Lotion/Deodorant/Toothpaste
- Pictures of your family to show others here
- List of important phone numbers/e-mail addresses

Money

- Bring at least \$200.00 US dollars cash...crisp \$100 bills, no folds or creases. Should be 2006 or earlier. Remaining balance of field budget can be brought in cash or bring an ATM card to access. Call your bank and let them know where you will be so they will not freeze your account and to find out what service charges you will be incur.

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. You will also need your own towel.

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.