

## Nehemiah Team 2017

### Zambia Sports Ministry Packing List



#### 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 repack 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 stuff. You will be able to wash almost every day (you will learn to wash 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.

#### Clothing

- Socks
- Underwear
- Comfortable flip flops for downtime.
- Sports shoes
- A pair of comfortable close-toed shoes for church
- Knee length shorts for sports
- Lightweight pants for visitations and ministry
- T-shirts for sports (no sleeveless shirts)
- Comfortable collared shirts for ministry (I wear Magellan style long-sleeved shirts)
- A hoodie (June and July are our winter months so the nights can reach as low as 40 degrees and there is no heat in the houses)
- A jacket (June and July are our winter months so the nights can reach as low as 40 degrees and there is no heat in the houses)
- Sleep clothes (think warm)
- Church clothes: one outfit including a pair of fairly "nice" shoes (but not too nice since they will become dirty every week), slacks, and a button up shirt with a collar)

#### General Guidelines for Clothing:

- Team members will wear long pants and clean shirts during ministry activities such as Bible studies, visitations, and evangelism.
- Shorts and sports clothing are for use during sports related ministry activities and relaxing at home.
- Bring enough sets of pants and shirts so that you can go several days without washing (maybe 5).
- No military-type/camouflage clothing or accessories (it is actually illegal to wear camouflage unless you are in the military).
- If you are not sure if something would be appropriate please ask your supervisor before coming, or just choose to leave it at home.

#### Other Items

- *Spiritual Warfare* book
- Flashlight (I prefer the headlamp style. Batteries are available here)
- Camera
- Prescription medications (if you take them). Bring them in the prescription bottle with the prescription from your doctor.
- Malaria medication
- Bible and journal
- 6 photocopies of your passport picture page (kept them somewhere other than with your passport, like in your suitcase)
- Sunscreen
- You can get additional toiletries here in town
- List of important phone numbers and email addresses
- Sturdy water bottle
- Maybe some pictures of family to show to friends

**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 a personal towel for 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.