

Nehemiah Teams 2019 Outreach Bulawayo Packing List



nehemiah teams

Clothing:

- Work clothes (capris/pants/jeans)
- Ministry clothes
 - Girls—dresses or skirts below the knee, NO sleeveless tops/spaghetti straps/tank shirts/bare midriff.
 - Boys—long pants or jeans and nice shirts)
- Girls will need to bring a slip to wear under their skirts. No exceptions to this—if you don't bring one we will take you to town to purchase one.
- underwear, socks, tights or leggings to wear under skirts (girls)
- sweater or jacket for chilly days/nights (it will be winter when you are here).
- sleep clothes (sweats or flannel pjs are good for cold nights in rooms with no heat)
- shoes or sandals for church-related ministry, flip flops ok for day off/at home, but not practical for ministry
- knee length shorts for traveling & around the house (no gym shorts or short shorts)
- dark colored shorts & t-shirt for bathing outdoors (as necessary & during orientation)

Other important items:

- Bible/journal
- *Spiritual Warfare* book (pre-field reading list) <http://www.nehemiahteam.com/pre-field-preparation.html>
- Additional ID other than passport (drivers license/student ID/etc)
- towels & washcloth (washcloths are not typically provided here)
- xerox copy of passport picture page (pack separately from passport)
- passport type picture (2x2)
- list of important phone numbers/email addresses/ mailing addresses
- sunscreen/sun block/hat
- camera
- insect repellent
- prescription medicines in original bottles
 - (Note on Malaria medications – they are not generally needed in Bulawayo, but will be necessary if you visit malaria areas of the country, such as Victoria Falls. However, your doctor may want to prescribe them for your entire stay.)
 - Flashlight/headlamp (batteries available here)
- tampons, if you use them (they are available here, but not a very wide selection)
- pictures of family & friends to show

Foodstuff:

- We would also suggest bringing some of your favorite breakfast and/or snack items: granola bars, cereal bars, etc. Most foods are available here, including an abundance of fresh fruits and veggies. There is not much junk food, other than chips (called “crisps” here), cookies (called “biscuits” here), etc.
- If you have specific questions about available foods, just ask.

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

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 should be able to do laundry when needed on the field
- If you want to lighten your load in packing, you can buy personal hygiene items after you arrive: shampoo, soap, toothpaste, etc., however they are expensive here.
- If you are asked by your field supervisor to bring equipment or personal items for them, these can be packed in a 2nd piece of checked luggage. Good idea to pack this as a team once you arrive at orientation.

General guidelines for clothing:

- Team members will wear long pants (guys)/skirts (girls) & clean shirts during church-related ministry time.
- Sleeveless shirts are not permitted. (This includes tank tops, spaghetti straps, etc., unless worn underneath a top with sleeves.)
- Modest (knee length) shorts are permitted to be worn around the house and on day off.
- Shorts should reach the knee when standing. No "Sofee" shorts or running shorts. Skirts should reach below the knee.
- No shirts that are tight fitting or expose the midriff.
- Absolutely no military-type clothing or accessories. It is illegal here to wear "camo" type clothing unless you are in the military.
- The general guideline for girls is modesty. Nothing tight fitting. You will see girls in town dressed in tight jeans, short skirts, etc. This does NOT mean it will be acceptable for you to dress this way while you are here.