

# Nehemiah Teams 2021

## Central Asia

### Packing List



#### General thoughts on clothing:

You will be spending lots of time trying to meet people and inviting them to our community center. A lot of that time will be in/around coffee shops. The neighborhood where you will be staying is a young, hip area so you might encounter people who dress with various levels of modesty, but we try stick to the more conservative side. Make sure you do not wear any shirts that talk about the “M” word. Most people dress really nice and stylish (no one wears sweatpants out in public), so keep that in mind while you pack. The weather here can be kind of unpredictable, so it’s a good idea to bring a light jacket in case the temperature drops. Also, if you are coming in March-May, you will probably want to bring a rain jacket. Clothes are very cheap and easily available here, so you can also buy some if you need to!

**Girls:** We live in a modern city so you won’t need to wear long skirts or long sleeves all the time. It will be hot, so we just want you to be conscious of what you are wearing. We ask you not to wear anything that is sleeveless. You can wear short sleeve shirts, just no tank tops. We also ask that whatever type of pants/capris/dresses/skirts you wear, that they at least cover your knees, so no shorts or short dresses/skirts. But, you can wear shorter (above knee) skirts and dresses if you wear leggings underneath. As you’re packing, please also be cautious of how tight things are and how low they go. You will want to bring a scarf to cover your head when we visit mosques and a long sleeve cardigan.

It is a good idea to bring tampons if you prefer them. Until recently, you could not find them here and now we have them but the selection is very limited.

Bring a pair of shorts and a t-shirt for going to the beach. You can wear swimming suits as long as it is not a bikini.

**Guys:** Most of the guys here probably dress pretty similar to what you're used to, but maybe even more dressy/put together. It's a big city and most people look nice when they go out. For example, they normally don't wear sweatpants and a t-shirt. You will mostly be wearing jeans and casual shirts. You can wear shorts but they might not be appropriate for every occasion, for example visiting mosques or going to church, so make sure you also bring some nicer pants. Bring one or two nicer shirts (polo or button up) with you. Bring athletic wear for times you might play soccer or basketball.

#### Packing list:

- COMFORTABLE shoes. The most important clothing you bring will be your shoes. Plan to average 2-4 miles/day. That's not all at once, but it can wear you out eventually! The streets are also uneven and there are a lot of hills. People here wear tennis shoes more than we do in America, so it is okay to pair them with a nicer outfit as long as they match.
- Comfortable shirts--long and short. Make sure your shoulders are covered. You will want at least one long sleeve shirt or cardigan for days we go to a mosque.
- Pants (or skirts)

No shorts for girls; at the very least your knees should be covered. Guys can wear nice shorts, but not every day. Pants should be the norm. Guys may want some athletic shorts/pants for playing soccer or basketball.

- Socks/undergarments
- Toiletries. We have most things here, so if you forget something, don't worry. However, your favorite brand might not be available, and some things are more expensive, so it's best to bring things with you.
- Passport
- Xerox copy of your visa and passport (you may need a paper copy of your visa when going through customs)
- Sunscreen. We'll will spend some time on the seaside/parks, so you could get some sun. Sunblock is expensive to buy here.
- Light jacket/sweater
- Small umbrella (may use for the sun, too)
- Sunglasses and Hat (optional)
- A small amount of emergency cash
- Bible/Journal
- Extra money for any souvenirs you may want to purchase. You can exchange cash or bring a debit card to withdraw money from ATMs.
- swimming suit in case we go to the beach or a *hamam*.

**Orientation/debrief items: (All NT members need the following to use during orientation/debrief)**

- Bedding: self-inflating sleeping pad or foam pad, sheet, lightweight blanket/sleeping bag, small pillow (no electricity on site for blowing up air mattresses) (can leave these at training site)
- 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. (can leave in storage at the training site)
- Personal water bottle (recommended 1 qt capacity)
- Headlamp/flashlight
- Watch w/ alarm or battery-operated alarm clock
- Rainjacket/poncho or umbrella
- Handheld mirror (can leave in storage at the training site)
- Personal hand sanitizer (Hand washing stations are limited. You will need to have your own supply or sanitizer.)
- Mosquito repellent w/ DEET
- Toilet paper (2 rolls) or disposable wipes (can leave extra at the training site)

We often pack a change of clothes in my carry on in case luggage is delayed.

The flights can be long, but an eye mask and earplugs may help you sleep through them if you need. Remember to drink lots of water. Many of the problems associated with jet lag are related to dehydration.

Again, please do not bring shorts, tank tops, or running pants. You can wear leggings if you wear a dress over them.)