

# Nehemiah Teams 2021 Incarnational Missionary Packing List



## General clothing guidelines

- Shorts are acceptable only for men in informal settings. Long pants will be your normal attire.
- Women **MUST** wear skirts past the knee in the refugee camps and some local settings. Pants may be worn **ONLY** if they are past the knee, and longer, loose-fitting shirts are recommended to wear over pants.
- Long sleeve shirt or light jacket
- Rain jacket
- Tennis shoes or sturdy sandals
- Headlamp/flashlight
- Water bottle
- Sunscreen
- Pocket knife/multi-tool (must be packed in checked luggage)
- Small backpack (for daily use, can be your carryon for travel)
- Camera (you won't have your phone with you)
- Journal/Extra notebooks
- Bible
- Medicines and basic first aid (pain relief, Pepto-Bismol, Benadryl, Neosporin cream, band-aids, anti-diarrheal, malaria preventative)
- Any snacks you may want
- Bug spray
- Small travel pillow
- Hat (optional)
- Towel, wash cloth (optional)
- Musical instrument (optional)

## Do **not** bring

- Weapons
- Fancy or irreplaceable watch or jewelry

## Optional items

- Any snacks or cooking/baking mixes you may want for special occasions
- Books for down time
- Small games or cards
- Spare batteries – AA & AAA
- Toiletries (most of your favorite brands aren't available here)
- Ministry supplies (sports equipment, children's ministry supplies, ESL materials; ASK TEAM what materials would be available here before packing)
- Bedding (**ONLY** if you confirm with team that you'll need it for staying in the camps)
- ASK TEAM if you need to bring portable water filtration supplies

## 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 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 clothes regularly.

- 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.

**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)
- 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
- 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