

Nehemiah Teams 2021

Adventure in the Big City

Packing list



Clothing

- Ankle-length skirts, modest shirts. Make sure your shirt comes up high enough on your chest (in other words, no cleavage) and has modest sleeves. Stay away from American logos or mission trip t-shirts. Inexpensive skirts can be purchased locally.
- Shorts and jeans- Shorts are not encouraged to wear even though other people in Nairobi wear them. However, I would encourage you to pack a pair along with a bathing suit in case a short trip to the beach is made possible. Jeans are OK to wear outside of ministry area.
- Shoes- wear what is comfortable as you will do a lot of walking.
- Winter may be a bit cooler so pack a sweatshirt.
- Raincoat

Toiletries

- If you have particular brands of deodorant, toothpaste, soap, etc., that you like you can bring those with you, but all of it is available locally.
- Medicines-Tylenol, creams, and other over-the-counter drugs are also available locally.
- If you use certain prescription meds, you may want to bring enough with you for your entire stay here.
- Malaria meds are not needed in Nairobi.
- There is good healthcare in Nairobi. However, with the recent uptick in COVID-19, the landscape of healthcare can be a challenge.

Electronics

- Most electronics now work on dual voltage. Plug adapters can be purchased locally.
- Don't bring a hair dryer or other appliances from the States. They will burn out. Hairdryers can be purchased here for around \$30.

Misc.

- Bible/journal
- Photocopy of passport to carry with you.
- Don't bring anything that if it were to get stolen, it would really bother you.

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

- Bedding during orientation/debrief self-inflating sleeping pad or foam pad, sheet, small pillow (no electricity on site for blowing up air mattresses), lightweight blanket/sleeping bag.

- Outdoor bathing stations: All students will need dark colored shorts and 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 with alarm or battery-operated alarm clock
- Rain jacket/poncho or umbrella
- Handheld mirror
- Mosquito repellent w/DEET
- Toilet paper (2 rolls) or disposable wipes
- Personal hand sanitizer (hand washing stations are limited)

Luggage

- You will be issued a backpack/duffle bag by Nehemiah Teams to use as your 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!
- If you are required to bring specific equipment for ministry use, these can be packed in a 2nd piece of checked luggage. Good idea to pack these as a team after arriving at orientation.

Banking information

- You should bring an ATM card and a credit card (for emergency use).
- About three weeks before you leave, it would be wise to notify your bank and credit/debit card companies that you will be living in Nairobi, Kenya for 2 months, so that when they see charges from here, they won't freeze your card. They, you should probably call again a day or two before you leave just to confirm.
- As for US dollars, you may want to bring about \$200 that are new as possible.