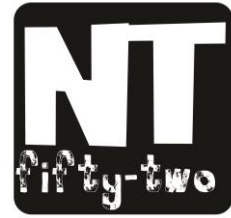


Nehemiah Teams 2021 Urban Muslim Outreach



Clothing - Ladies

- 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. No clothing with American logos or mission trip t-shirts. Inexpensive skirts can also be purchased locally.
- Shorts & jeans – you can wear these when you're not working but never in the ministry area; however, jeans are okay for church. Shorts must be close to knee-length when standing.
- Shoes – wear what's comfortable, you'll be walking a lot in the neighborhood.
- Winter can be quite chilly and houses have no central heating so bring plenty of layers (i.e. leggings for under your skirt, etc.)
- Warm winter coat, sweatshirts

Clothing – Men

- Jeans and khakis are okay for work
- Shorts can be worn when not in the ministry area
- Avoid wearing or bringing clothing with American logos or mission trip T-shirts

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, band-aids, 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 here
- There is good healthcare in Johannesburg.

Electronics

- Most electronics now work on dual voltage. Plug adapters can be bought locally. You do not need to bring a converter.
- Don't bring a hair dryer or other appliances from the States. They almost always burn out. Local hair dryers only cost about \$20.
- Bring a good flashlight/lantern.

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

- 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 & 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

Banking Information

- You should bring an ATM card and a credit card (for emergency use).
- About 3 weeks before you leave, it would be good to notify your bank and credit/debit card companies that you will be living in South Africa for 2 months, so that when they see charges from here they won't freeze your card. Then, 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 \$100 that are as new as possible.