

# Nehemiah Teams 2022

## North American Teams

### Packing List



#### Clothing:

- 2-3 set of daily ministry/church clothes (ask field supervisor for specific guidelines)
- 2-3 set of casual (modest) clothes
- Underwear/Socks
- Sleep Clothes
- Swimsuit (modest 1-piece or tankini) w/ cover-up
- Shoes

#### Other Items:

- Bible/journal
- *Spiritual Warfare* book (pre-field reading) <http://www.nehemiahteam.com/pre-field-preparation.html>
- Small Backpack/Tote for daily use
- List of Important Phone Numbers/Email Addresses/Mailing Addresses
- Camera
- Prescription Medicines
- Small umbrella
- Pictures of Family, Friends to show
- Personal toiletries
- 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 2<sup>nd</sup> piece of checked luggage. Good idea to pack these as a team after arriving at orientation.

#### General Guidelines for Clothing:

- Check with local supervisor regarding appropriate clothing for ministry. This may be affected by the cultural norms of the people group you are engaging. It is our desire that team members have a positive witness at all times which includes how you dress on a daily basis.
- Girls: If shorts are acceptable, they should have at least 5" inseam, no tank tops or strapless tops, skirts should reach the knee when standing

#### 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

If you have any questions, feel free to contact your field supervisor.