

# Nehemiah Team 2022

## Spice Island Explorers

### Packing List



#### Clothing

**Note: People here dress nice for special events, church, meetings, etc. You will need exercise and lounging around the house comfortable clothes but when you go out in your day to day you want to dress in normal everyday clothing. So, bring a mix, just like you would dress in the States. Be mindful not to look like a “slob” each day.**

- Comfortable flip flops...preferably rubber that can get wet.
- A pair of close-toed shoes good walking tennis shoes or light-weight hiking shoes, also Keens/Chacos are good. Bring a nicer shoe/sandal that is appropriate for your dress clothes (church, wedding, funeral).
- 3 pair casual long pants/Capri pants (quick dry are good)
- 3 pair knee length shorts (for exercise and lounging)
- 3-4 T-shirts (notice your shirt messages – appropriate, church related?)
- 2-3 Collared shirts with short sleeves for men, 1 long sleeve to keep sun off.
- 2-3 Blouse/skirt/dress (no sleeveless). Women wear dresses/skirts to church.
- 1 long sleeve dress shirt to keep sun off (light weight).
- Thin rain jacket
- Conservative pajamas or sleep shorts (your restroom may be outside your house)
- Bathing suit (one piece or tankini for girls)
- A dark t-shirt and shorts to go over your bathing suit. Normal for people to swim in clothes except at hotels so bring options.
- Hat and quality sunglasses
- Underwear/socks/sports bra – enough for a week

#### Other Important Items

- Your team will be issued a NT hiking backpack. Good idea to keep things in Ziploc bags inside backpack so they don't get wet if you get rained on.
- 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.
- Sea bands or Dramamine (for seasickness, some medication also available here)
- Headlamp/flashlight (bring a headlamp, you will be out a night going to the bathroom and want hands free, also great to read at night)
- Medications bring all prescription meds, anything you often take OTC Pepto, Advil, vitamins, etc.
- Men - monkey butt or Boudreaux butt paste for chaffing
- Ladies -for menstrual cycle all that is available here are pads so bring other items if needed.
- Sleep mask/ear plugs (often sleeping in a room with others)
- Nalgene bottle, canteen or other water bottle.
- Backpack, purse, over shoulder small bag, or “beach bag” for daily use

- Hammock (optional: if you like those and have one)
- Wash cloth & Bath Towel (may prefer a gym or camping towel that is lighter weight and dries faster than regular towel)
- Bible/Journal
- *Spiritual Warfare* book (pre-field packing list) <http://www.nehemiahteam.com/pre-field-preparation.html>
- 6 photocopies of passport picture page (kept somewhere other than with passport, like in your checked luggage)
- Bug repellent (just get a small bottle, b/c you can get more here. If you are allergic to DEET, then bring your own.)
- Wet wipes (optional: can also buy here)
- Sunscreen – you're on the equator – you're going to need this.
- Soap/Shampoo/Shower gel/Lotion/Deodorant/Toothpaste (can buy all this here but if you have a special brand can bring)
- Pictures of your family to show others here
- List of important phone numbers/e-mail addresses
- Bring \$35 cash USD exact change for visa on arrival
- ATM card to access spending money
- 1 set single bed sheets to sleep on with a sleeping mat, or a sleeping bag. Sleeping bags are usually too hot

### **Gifts to bring to give away**

- Card games: Uno, Skipbo, Playing cards, etc.
- Any small item you might want to bring as a gift from where you are from: stickers, bandana, candy, etc.
- Bring a few good books -devotional and entertainment. You will have down-time and this is a great time to read. You can also pass the books around with your team and then leave them us. We miss reading real books and love to have some new options.

### **Food Items**

- Snack foods that you enjoy and are easy to pack. Some days you might not like the food and just want something familiar to eat. You can buy cereal, granola bars, etc. here at store but if there is a snack you like to have with you, bring it. FYI -sugar free gum is hard to find here.

### **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)
- 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