

## **Nehemiah Teams University Pioneer Work Packing List**



### **Clothing:**

- Daily ministry/church clothes (see descriptions in bullets below as well as more details down below)
  - At least 5 professional outfits for going on a university campus (skirts & shirt or dress). It must be modest and nice. Nothing sleeveless or low cut. The skirt/dress should be about knee length. The shirt must be nice (no t-shirt). It's best to have fabric that doesn't wrinkle because an iron is not provided. Thai University students wear uniforms so we must dress politely also. I will send photos of ideas by e-mail.
- Casual Clothes for other days – casual clothes should be clean and neat. All clothing should be modest, meaning no low necklines or short shorts. T-shirts and shorts are fine at times. No crop tops that show your belly and nothing sleeveless. Please bring at least 2 pairs of jeans or casual pants or capris to wear for outings/trips.
- Underwear/bras- it's very hot here so you will sweat a lot. I would bring a good supply of both.
- Sleep Clothes- comfortable
- Swimsuit—modest and most of the time will need to wear a t-shirt over it.
- Shoes—comfortable sandals/shoes to wear with your nice clothes. Must have some kind of back/strap on the shoe. You can also wear nice tennis shoes with it. You will be walking a lot. Can have flip flops for casual days and tennis shoes for exercise if desired. (can send photos by e-mail also)
- Workout Clothes (If desired)

### **Other Items:**

- Bible/journal
- Additional ID other than Passport (i.e. Driver's License/Student ID)
- Towels & Washcloth (Light, Quick-Dry is Best)
- Small Backpack/Tote for daily use
- Xerox copy of Passport Picture Page (Pack this separately from your passport)
- List of Important Phone Numbers/Email Addresses/Mailing Addresses  
Bring your make-up with you if you use it,
- Prescription Medicines and cold/allergy medicine if you struggle with that
- Tampons, if you use them. They are not available here.
- Pictures of Family, Friends, and hometown/home to show
- You can buy additional personal items here to lighten the weight of your luggage - i.e. toothpaste, bug spray, shampoo, soap, etc.
- Bring your own deodorant. They don't sell much here. .

**General Guidelines for Clothing:**

- Bangkok is a first world city. You will be working in a Thai university setting. Some days you will be dressing professionally and some days more casually. (Photos will be sent by e-mail to show good examples of appropriate clothing)
- Shoes: You can wear sandals while on a university campus, but they must have a strap around the back of the heel. Flip flops can be worn during personal/casual time. Tennis shoes for exercise/sports activities.
- Girl's swimsuits should be very modest - i.e. a one piece or tankini. Thai people usually wear a t-shirt and shorts over the swimsuit
- If you are not sure if something would be appropriate, please ask your local supervisor before coming.

**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

**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 repack 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 stuff. You will be able to wash almost every day (you will learn to wash by hand).
- 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.