

# Nehemiah Team 2022

## Zambia Youth Ministry Packing List



### 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.

### Clothing

- Socks
- Underwear
- Comfortable flip flops for downtime.
- Sports shoes if you want to play sports with the youth
- Knee length shorts for sports
- Lightweight pants for visitations and ministry (men)
- T-shirts for sports (no sleeveless shirts for guys)
- Comfortable collared shirts for ministry (men) I wear a golf shirt or a Magellan fishing shirt
- A jacket – June and July are our winter months. The day can be about 70 degrees and at night the temperature can drop to around 48 degrees. If we do some camping out, a heavier jacket may be nice as there will be some night time ministries. During those times I bring a slightly heavier jacket, beanie, and even gloves sometimes.
- Sleep clothes – It will be cold in your house at night. We have bedding and blankets but moving around in the house at night or in the morning will be chilly.
- Church clothes: casually nice clothes. Ladies, think skirt/dress to cover the knees, a clean top, and any type of matching shoe or sandal. Men, think collared shirt, pants, and close-toed shoes.

### General Guidelines for Clothing:

- Male team members will wear long pants and clean shirts during ministry activities such as Bible studies, visitations, and evangelism. Female team members will wear skirts that cover the knees, any modest top (including sleeveless), and footwear.
- Shorts and sports clothing are for use during sports related ministry activities and relaxing at home.
- Bring enough sets of pants and shirts so that you can go several days without washing (maybe 4).
- No military-type/camouflage clothing or accessories (it is actually illegal to wear camouflage unless you are in the military).
- If you are not sure if something would be appropriate, please ask your supervisor before coming, or just choose to leave it at home.

### **Other Items**

- *Spiritual Warfare* book
- Flashlight (I prefer the headlamp style. Batteries are available here)
- Camera
- Prescription medications (if you take them). Bring them in the prescription bottle with the prescription from your doctor.
- Malaria medication
- Bible and journal
- 4 photocopies of your passport picture page (kept them somewhere other than with your passport, like in your suitcase)
- Sunscreen
- You can get additional toiletries here in town if you need them
- List of important phone numbers and email addresses
- Sturdy water bottle
- Maybe some pictures of family to show to friends

### **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
- Personal hand sanitizer (Hand washing stations are limited. You will need to have your own supply of sanitizer.)
- Toilet paper (2 rolls) or disposable wipes

If these items aren't needed on the field there will be a place for you to store them over the summer, ready for you when you return for debrief.