

# Nehemiah Teams 2024

## Coffee & Conversation Packing List



### Clothing

- Daily / Casual (see description below)
- 1 or 2 “nice outfits” (see description below)
- Underwear/socks
- Swimming clothes (see description below)
- Sleep / Lounging clothes (see description below)
- Shoes (see description below)
- Sports clothes/Workout clothes (see description below)

### Other Items

- Bible, Journal
- Spiritual Warfare (pre-field reading list)
- ID other than passport (DL or student ID card)
- Phone or tablet (if you have an unlocked phone - not tied to a provider in the States) you can use it here for maps, directions, and communications by purchasing local SIM card) Will be used for ministry purposes & to connect with family/friends during time off
- Towel and washcloth
- Sunglasses
- Hat or cap to protect from sun (\*optional)
- Bug spray
- Sunscreen
- Small individually packaged sanitizing wet wipes (To clean tables, hands, shared chop sticks, etc.)
- Fitted sheet for twin or full size bed \*(most places here have 2 top sheets – one to lay on and one to cover up with)
- Water bottle (at least 1 qt capacity)
- Purse, over the shoulder bag, or small backpack for daily use
- Scanned copy of passport information page (packed separately from passport)
- List of Important Phone Numbers/Email Addresses/Mailing Addresses
- Multiple copies of your visa letter
- Makeup as needed
- Feminine products – available here, but limited types.
- You can buy additional personal items here to lighten the weight of your luggage - i.e. toothpaste, bug spray, shampoo, soap, etc.
- Prescription meds and any OTC meds or vitamins you regularly take.
- Good deodorant. Options here are not very strong, and you will sweat a lot.
- If needed you can buy shampoo, toothpaste, soap, body wash etc. here
- 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 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! You will be able to wash clothes regularly.

- 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.

### **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
- Rain jacket/poncho or umbrella
- Handheld mirror
- Mosquito repellent w/ DEET
- Toilet paper (2 rolls) or disposable wipes

### Guidelines for clothing

#### **Daily/Casual Clothes**

- **Shirts:** Lightweight T-shirts and polos (dry fit or lightweight cotton)
- **Pants:** Lightweight hiking type pants, or dry fit pants. Casual shorts are also ok at times as long as they are not too short (just above the knee). Ladies can also do ankle or knee length skirts or capris.
- You will be hanging out in coffee shops and nearby university campuses. Campuses are generally closed to non-students/foreigners, but some teams have been invited on to meet with a class or help a class with English learning. You will need to wear long pants to get onto a university campus, so it is best to just wear pants most days just in case you have the opportunity to get onto a campus. Lightweight hiking pants are best. Casual shorts (please knee length) may be ok some days as well if you are just meeting friends for coffee or walking around.
  - **Guys:** Short sleeve shirts/T-shirts are acceptable. If possible, try to pack a few polo shirts with a collar as well. No tank tops for outside the room.
  - **Ladies:** You can wear pants, ankle-length skirts, or capris (lightweight pants are best) and a casual shirt/T-shirt. No tank tops for outside the room.
- **“Nice outfits”**
  - If possible bring 1 or 2 nicer outfits to wear if you have an opportunity to participate in a formal university class or for visiting a church
    - Guys: Khaki pants and polo is fine
    - Girls: knee or ankle length skirt and blouse is fine. Casual long dress is also appropriate.
- **Swimming clothes**
  - if you have an opportunity to go swimming or go to the beach, your local friends will often wear t-shirts and shorts when swimming to protect from the sun.
    - **Guys:** Swim trunks are fine. You can also bring a swim shirt, but guys swimming with no shirts is also acceptable. Remember – it is very hot and very easy to get burned
    - **Girls:** No 2-piece bikinis. Conservative 1 piece is fine or you can also wear athletic shorts and a swim shirt.
- **Sleep / Lounging Clothes**

- Similar to athletic clothes. Comfortable and lightweight. Your room will have air conditioning and fans.
- **Shoes**
  - Bring one pair of simple new or clean flip flops or slides for “inside shoes.” These can be used inside your hotel room and for the bathroom (some rooms have wet baths – i.e. no separation between shower and rest of the bathroom so everything gets wet)
  - Comfortable tennis/running shoes for exercise, sports, or for walking around.
  - At least 1 pair of sandals or “easy on, easy off” type of shoe (Some places – including your hotel room – will encourage you to take off your shoes when you come in. Chacos, tevas, or something similar are great.)
- **Sports/exercise clothes**
  - Ladies: Shorts are ok as long as not excessively short. Loose long pants or joggers are ok, but not tights or yoga pants. Dry fit or lightweight cotton T-shirts.
  - Guys: Athletic shorts, joggers, or dry fit exercise pants. Dry fit or lightweight cotton T-shirts