

Nehemiah Teams 2024

Connecting and Seeking Packing List



ONE PER TEAM – These items to be shared as a team

- Basic First Aid Kit – includes Neosporin or equivalent

Clothing:

- Ministry clothes (lightweight pants/capris/jeans with clean shirts) 1-2 pants, 3-5 collared shirts/blouses. Ladies will get local Lao skirts made on site to wear at the center that will be worn with the more formal shirts (Monday – Friday)
- underwear, socks,
- sleep clothes (shorts & t-shirt are fine)
- swimsuit (1-piece modest or tankini) & towel. You will not be allowed to wear a bikini even with a cover-up.
- Board shorts (7" inseam) & t-shirt to wear over swimsuit while swimming
- closed-toe shoes or sandals for prayer walking, flip flops are ok for casual "tourist days"
- shorts (7" inseam) for day off & around the house (shorts should be within 2" of the knee when standing)

Other important items:

- \$42 USD EXACT AMOUNT for entry tourist visas on arrival (30-day visa, that will then be extended for your last few days in town. This is included in your field budget).
- Having extra USD is helpful, \$100-200 (\$50 or \$100 bills only, clean, no tears rips or other markings on the bills please.)
- Games or other activities you think would be fun for connecting with high school/college students
- Bible/journal
- *Spiritual Warfare* book (pre-field reading list) <http://www.nehemiahteam.com/pre-field-preparation.html>
- Additional ID other than passport (driver's license/student ID/etc.)
- bedding (self-inflating sleeping pad, single sheet, pillow)
- towel & washcloth (light, quick-dry is best)
- sturdy water bottle (recommended 1 liter capacity)
- xerox copy of passport picture page (pack separately from passport)
- 4 pcs passport photo (2x2) for visa application
- list of important phone numbers/email addresses/ mailing addresses
- sunscreen/sun block/hat
- lightweight rain jacket
- feminine hygiene products
- camera (optional)
- insect repellent
- prescription medicines/basic personal first aid kit
- pictures of family & friends to show
- small gifts to give away (candy, stickers, etc. something small from your city or state)
- small-medium sized backpack (carry-on size) to use on a daily basis

Foodstuff:

- We suggest you bring at least 10 backpack meals with you. (Mountain House is a good brand.) Since you will have the chance to do some of your own cooking, these will be an easy & nutritional addition to your diet over the summer. Or other easy meal/snack items like peanut butter, beef jerky, etc.
- We would also suggest bringing some of your favorite breakfast items: granola bars, instant oatmeal, cereal bars, etc.
- If you have specific questions about available foods, just ask.

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

Packing information:

- You will be issued a 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. You will get the bag upon arrival at orientation and re-pack your belongings for the summer. There will be room to store your personal bag & any extra items you choose to leave behind during the summer. If you can't get it all in that... then you've got too much!
- You can buy additional personal hygiene items here to lighten your load in packing: shampoo, soap, toothpaste, etc.
- 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.

General guidelines for clothing:

- No military-type clothing or accessories.
- If you are not sure if something would be appropriate, please ask your local supervisor before coming or just choose to leave it at home.
- Girls must wear shorts & t-shirt over swimsuit when swimming