

Nehemiah Team 2024
Evangelism & Prayer Advocate
Packing List



Clothing

- Comfortable flip flops...preferably rubber that can get wet.
- A pair of close-toed shoes. good walking tennis shoes, or light-weight hiking shoes that can double as dress shoes. Keens or Chacos are good to have and can fit this category. You'll also want one pair of nicer shoes to wear to church or other formal gatherings.
- 3-5 pair casual long pants/Capri pants (quick dry are good).
 - When not doing ministry, guys can wear shorts around town. Girls will not be able to wear shorts in public.
- 5-6 T-shirts (Don't bring anything that has the name of a church on it.)
 - No tank tops, ladies.
- 2 collared shirts with short sleeves for men.
- 3-5 Blouse/dress shirts with sleeves that cover your shoulders.
- Thin rain jacket
- Conservative pajamas or sleep shorts (your restroom may be outside your house)
- Bathing suit (one piece for girls). You may also want to consider bringing a rash guard/swim shirt as the sun is more intense here than in the States.
- For girls, a dark t-shirt/rash guard and conservative shorts to go over your bathing suit.
- Hat or sunglasses
- Underwear/socks/sports bra

General guidelines for clothing

- Team members will generally wear long/capri pants & clean shirts.
- Sleeveless shirts are not permitted (This includes tank tops).
- Modest, knee-length shorts can be worn in your home or at the beach.
- Girls: No running shorts. Skirts should also reach the knee.
- Tight fitting shirts/pants/shorts/skirts are not permitted.
- Male team members should wear a shirt at all times (unless swimming or at the beach).
- Female team members should wear dark colored clothing when swimming with nationals.
- No shirts that are tight fitting, low-cut, or expose the midriff.
- 3-4 pairs of pants and 6-7 shirts (mix & match) should be sufficient for everyday wear. There are plenty of local laundry places that can do your laundry within 24 hours and it's really inexpensive.

Other Important Items

- Your team will be issued a NT issued hiking backpack or duffle bag
- 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)

- Camera
- Mask, snorkel, and dive/reef booties if you want to snorkel.
- Nalgene bottle, canteen or other water bottle.
- Pepto bismol tablets/Ibuprofen/Aspirin/Prescription medications (if you take them)
- Tampons, if you use them (hard to find here, but pads are readily available)
- Backpack or “beach bag” for daily use
- 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.)
- Sunscreen – you’re on the equator – you’re going to need this.
- Soap/Shampoo/Shower gel/Lotion/Deodorant/Toothpaste. With the exception of solid deodorant, you can get all these other items here if you want.
- Pictures of your family to show others
- List of important phone numbers/e-mail addresses
- Bring your required field money in crisp \$100 or \$50 bills (if bringing cash). If you are going to exchange money, it also needs to be printed less than 10 years ago.
- \$200.00 optional spending money or ATM card to access spending money. Local ATMs will accept your ATM card as long as you notify your bank in the U.S. so that they don’t freeze your card.
- 1 set single bed sheets

Food Items

- Your favorite breakfast items: granola bars, instant oatmeal, cereal bars, pop tarts, etc. Locals will eat rice for breakfast so these things are not readily available. Ramen noodles are readily available here.
- You can purchase other breakfast foods (i.e. oatmeal, eggs, bread, cereal, etc) at a local grocery store as well.
- Snack foods such as: protein bars, trail mix, etc. (if desired)

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