

Nehemiah Teams Kingdom Builder Packing List



*Most of the people you will be interacting with wear pants every day.
Shorts are acceptable when at home.*

Clothing

- 3-5 pairs of pants. One pair of nicer pants (not joggers or jeans). Lightweight is great in the summer months.
- Shorts for around the house
- Guys – collared shirts would be default (polo or fishing type), t-shirts on occasion
- Girls – dresses and long skirts **are not** common here. Most women wear pants or local outfits. We will help you get a few Indian outfits while you are here. Bring modest tops that cover your bottom. Nothing too tight or revealing. It is a modest culture. Bring a few dressier shirts for trainings, teaching, or church.
- Sleep clothes
- Flip flops or comfortable easy on/off shoes/sandals because most take off sandals in the house
- Good walking shoes
- Lightweight rain jacket or umbrella

Personal Toiletries and Basic First Aid

- Prescription medicines.
- Sunscreen
- Meds for upset stomach
- Deodorant (not all U.S. brands are available here)
- Toothpaste, shampoo, conditioner, soap, lotions, etc can be purchased here. (If you prefer a certain brand, you may choose to bring enough for the summer)
- Insect repellent, bug spray

Other Items

- Bible/journal
- ATM card to access spending money
- Unlocked smart phone
- personal water bottle
- Power bank
- Small flashlight or headlamp for when the power goes out
- travel pillow (optional)

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
- Basic personal first aid kit

Packing information:

- All students 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. 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 will be able to wash almost everyday (you will be washing by hand).
- 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.