

## Nehemiah Teams 2024 Samoan Summer (Guys) Packing List



### Clothing:

- Ministry clothes (pants/jeans with clean shirt) 3 pants, 5 shirts. You need to have at least one collared shirt.
- underwear, socks
- athletic shorts/tshirts for sports
- sleep clothes (shorts/tshirt)
- swimsuit & towel & shirt to wear while swimming
- closed-toe shoes or sandals for ministry, flip-flops for non-ministry time
- shorts for recreation, day off & around the house

### Other important items:

- Bible/journal
- *Spiritual Warfare* book (pre-field packing list) <http://www.nehemiahteam.com/pre-field-preparation.html>
- Additional ID other than passport (drivers license/student ID/etc)
- sturdy water bottle (recommended 1 liter capacity)
- xerox copy of passport picture page (pack separately from passport)
- list of important phone numbers/email addresses/mailing addresses
- camera (optional, but you may not have your personal cell phone)
- insect repellent
- prescription medicines/basic personal first aid kit (pain reliever, Benadryl, Neosporin, etc.)
- flashlight/headlamp (batteries available locally)
- pictures of family & friends to show
- small gifts to give away (candy, stickers, etc.)
- Small-medium sized backpack (carry-on size) for daily use

### 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 space 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 every day.
- You can buy additional personal hygiene items here to lighten your load in packing: shampoo, soap, toothpaste, sunscreen, insect repellent, etc.
- If you are asked by your field supervisor to bring equipment or personal items for them, these can be packed in a 2<sup>nd</sup> piece of checked luggage. Good idea to pack this as a team once you arrive at orientation.

### General guidelines for clothing:

- Ministry time: Team members will wear long pants/shorts & clean shirts
- Church attire: Jeans/khakis with collared shirt
- No tank tops for guys or girls except at the beach.
- No military-type clothing or accessories.
- If you're not sure if something would be appropriate, please ask your local supervisor before coming or just chose to leave it at home.

**Orientation/debrief items: NEEDED BY ALL TEAMS**

- 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