

## Nehemiah Teams 2024

### South Pacific Summer (Girls)

### Packing List



#### Clothing:

- Ministry clothes (lightweight pants/skirts/capris/jeans with clean shirt) 3 bottoms, 5 shirts. You will want more than just t-shirts.
- underwear, socks
- longer athletic shorts (almost knee length) & tshirts for sports
- sleep clothes (shorts & t-shirt are fine)
- swimsuit (1-piece modest or tankini) & towel. No bikinis even with a cover-up.
- closed-toe shoes or sandals for ministry (no flip-flops). Flip-flops for non-ministry time
- shorts for recreation & non-ministry time (Shorts should be within 2" of the knee when standing. No running shorts to be worn in public, especially during ministry time)

#### Other important items:

- Bible/journal
- *Spiritual Warfare* book (pre-field reading list item) <http://www.nehemiahteam.com/pre-field-preparation.html>
- Additional ID other than passport (drivers license/student ID/etc)
- sturdy water bottle (at least 1 liter capacity)
- list of important phone numbers/email addresses/mailling addresses
- sunscreen/sun block/hat
- lightweight rain jacket
- camera (optional but you may not have your personal cell phone to use)
- insect repellent
- hammock (optional)
- prescription medicines/basic personal first aid kit (pain reliever, bandaids, Benadryl, Neosporin etc.)
- flashlight/headlamp (additional batteries available locally)
- pictures of family & friends to show
- small gifts to give away (candy, stickers, etc.)
- small-medium sized backpack (carry-on size) to use on a daily basis

#### Packing information:

- All students 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 will be able to wash regularly.
- You can buy additional personal hygiene items here to lighten your load in packing: shampoo, soap, toothpaste, laundry detergent, sunscreen, insect repellent, 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:

- Ministry clothing: Team members will wear pants/jeans/skirts/capris & clean shirts during ministry time.

- Church attire: Dress or skirt/pants w/ collared shirt.
- Tank tops are not permitted for guys or girls, except for at the beach. Sleeveless dresses, shirts or blouses are ok as long as neckline is not too low.
- 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.
- Modesty is always good to keep in mind: nothing too revealing, nothing see-thru, nothing too tight, but something you will be comfortable wearing.
- Cropped shirts are not appropriate... no tummy part showing. ☺

### **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.
- 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