

Nehemiah Teams 2024 Summer in Asia Packing List



Personal Bible Journal

Clothing:

- Modest Clothing: While working in the community, bring lightweight pants (pants you are comfortable playing sports in for sports camp days). Consider what type of clothing is most comfortable for you to wear in a hot and humid climate. Collared shirts such as polos and nicer t-shirts are okay. For both, dri-fit type material is recommended.
- Casual (Modest)/free time clothes: Shorts and t-shirts are okay for personal time in the city. Keep it reasonable, no short shorts or t-shirts with inappropriate images or language.
- Underwear/Pajamas: Thick, cotton underwear is not practical in this part of the world. If you are able, investing in some moisture wicking/dri-fit fabric underwear will allow you to be much more comfortable.
- Sunglasses and hat: Again, this climate is very sunny and hot. Just think of perpetual summertime!
- Swim trunks: No speedos. Although it is okay to swim shirtless, you may feel like the culturally appropriate thing to do is to swim in a shirt. A swim shirt or dri-fit t-shirt will suffice.
- Rain jacket (or small umbrella): You may get caught in the rain at some point.
- Shoes: Bring some comfortable tennis shoes as you will be on your feet a lot. You may also want to bring sandals. Consider shoes that dry fast or are just generally good in the rain. In this city and culture, sandals are appropriate.
- Athletic/workout clothes: You may have the opportunity to work out. Additionally, you will most likely be taking part in sports activities with children and teenagers. For these sports activities have athletic shirts, joggers, and athletic sneakers. Appropriate shorts are ok to wear.
- Socks: You do not wear shoes in someone's home. When you go to someone's home, you will remove your shoes. If you do not like being barefoot, make sure you wear socks.

General Guidelines for Clothing:

- This is a first world city. Slouchy, ragged, or torn clothing is not appropriate. **Shirts and pants should be neat.** This city traditionally remains a modest one when it comes to dress. For this team, modesty is golden. For females, any shirt showing cleavage, tank tops, & V-necks are unwelcome and inappropriate. Summers are quite hot and humid. Team members should not wear sleeveless shirts or sleeveless dresses. No tank tops for men or women. Skirts should reach the knee. No short shorts (at least 5" inseam or longer). Tights or leggings can be worn under a dress but are NOT to be worn as bottoms with just a shirt.
- Shoes: There will be a lot of walking on this journey. Comfortable shoes are necessary for long walks. Tennis shoes are good.
- Any tattoos must be always covered.
- Hairstyles should be neat and professional. If you have questions, feel free to contact us.
- No shirts that are tight fitting or expose the midriff. Shirts worn during personal time still need to look nice. Nice T-shirts are good.
- No military-type clothing or accessories.
- Girl's swimsuits should be very modest - i.e. a one piece or tankini. They should not have a low or V-type neck.
- 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.
- For more formal events, at least one button-down shirt and a pair of nice pants are advised.

- REMEMBER: If it isn't modest, then it isn't acceptable.

Additional items:

- Deodorant: Bring good deodorant. Although it is available here, it may be more difficult to find deodorant with antiperspirant like you are probably used to. All other personal hygiene products are easy to find here. They do sell antiperspirant & deodorant here, but it is often too weak for the hot summer days.
- Medications: Bring any medications that you require.
- Small backpack
- Water bottle: You will want a refillable, personal water bottle. As stated before, it is very hot here, and staying hydrated is very important. Something like a Hydro Flask that keeps water cool is nice but not required. A plastic bottle is sufficient.
- ID other than passport: Driver's license and student ID
- Photocopy of passport (Pack this separately from your passport)
- You can buy additional toiletry items here to lighten the weight of your luggage: shampoo/conditioner, body wash, toothpaste, etc.
- Towels & Washcloth (Light, Quick-Dry is Best)
- Tampons, if you use them. They are available, but you may not be able to find the brand you prefer.

Luggage:

You 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. Upon arrival at orientation, you will re-pack your belongings for the summer into this bag. There will be a place to store your original pack plus any extra items you choose to leave behind for the summer. If you can't get it all in that...then you have too much!

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.

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 (optional)
- Mosquito repellent w/ DEET
- Toilet paper (2 rolls) or disposable wipes

If you have additional questions, please contact your field supervisor.