

Nehemiah Teams

APAC Digital Engagement

Packing List + What to Wear



Packing List

Notes as you pack:

- + Be sure to pack what you would need to survive for a few days in your carry-on in case your luggage is delayed. Use a backpack as a carry-on as this will be helpful during your time for day trips.
- + Nehemiah Teams will issue a duffle bag to use as your checked piece of luggage. The size of the bag is 4300 cubic inches or 70 liters. The cost of using this bag is included in your field expenses. Upon arrival at orientation, you will re-pack your belongings into this bag. There will be a place to leave your bag over the summer. If you can't get it all in that... then you've got too much! Laundry facilities will be available in the housing, and hand washing is another option.
- + If your field supervisor asks you to bring equipment or personal items for them, these can be packed in a 2nd piece of checked luggage. Good idea to pack this as a team once you arrive at orientation.

Packing List for Thailand

- + Airline ticket
- + Passport and copy of the first page of your passport
- + Copy of emergency contact information
- + Personal phone ***PLEASE double check to make sure your phone is **unlocked** so that you can get a Thai SIM card and phone plan*** for ministry use
- + Bible, journal, pen
- + Spending money (you can exchange cash once you have arrived)
- + Major credit card or debit card (you can withdraw cash from an ATM if you'd like)
- + Personal camera (optional)
- + Personal laptop for ministry use (optional)
- + Snacks, gum, breakfast bars, etc. to eat during travel
- + Medications: prescription if needed (please bring enough to last your entire trip), over-the-counter medications you normally use (Aspirin, Tylenol, Tums, Pepto Bismol, seasonal allergy meds, etc.)
- + Mosquito Repellant
- + Sunscreen
- + Hat
- + Electrolyte tablets or drink mix (especially if prone to dehydration) (optional)
- + Contact lenses, solution, glasses
- + Toiletry items (hand sanitizer, soaps, feminine products, make-up, etc.)
 - + You can buy additional personal hygiene items in Chiang Mai. If needed, you can save space/weight by bringing travel-sized toiletries and then getting larger sizes once you arrive.
- + Voltage converter if needed (Please note: Thailand uses 220V. Most phone chargers and computer chargers will work on 220V without a converter. However, most appliances like hair dryers or hair straighteners will not work. If you bring personal appliances, you will also need a voltage converter that handles the appropriate amount of wattage for your appliance.)

- + Shoes: tennis shoes, sandals that are easy to take off and put on (shoes are always removed when entering a home and some businesses)
- + Breathable, modest clothes (See "What to Wear" section below)
- + Nicer outfit for church
- + PJs
- + Rain Jacket
- + Sunglasses
- + Swimsuit
- + Water bottle
- + Small bag/bookbag/purse to carry wallet & water bottle
- + Room in luggage for souvenirs

Additional items to pack for Orientation/Debrief:

- + Bedding during orientation/debrief: self-inflating sleeping pad or foam pad, sheet, light blanket/sleeping bag, 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
- + Rain jacket/poncho or umbrella
- + Handheld mirror
- + Mosquito repellent w/ DEET
- + Toilet paper (2 rolls) or disposable wipes
- + Basic personal first aid kit

What to Wear in Chiang Mai

If you are in the city or in tourist areas, it is fine to wear casual clothing like long shorts or t-shirts. Outside of the city/in non-tourist areas it is polite for knees and shoulders to always be covered. Shorts will not be allowed at schools, temples, churches, or out in rural villages. Please bring lightweight, breathable clothes that will keep you cool.

What to Wear: Guys

- + Longer, around knee length shorts (during off time)
- + Breathable pants
- + Nice, breathable shirts
- + At least one nicer outfit for church and potential nicer events/activities

What to Wear: Girls

- + Knee length shorts are acceptable in the city/around tourist areas (during off time)
- + Pants: flowy pants, breathable jeans, skirts (no leggings/yoga pants)
- + Nice, breathable shirts (no tank tops or sleeveless)
- + Modest, breathable dresses (at least knee length, no tank tops or sleeveless)
- + At least one nicer outfit for church and potential nicer events/activities