

Nehemiah Teams Central Asia Packing List



Shorts are acceptable in many contexts for men, but you will want pants for church, hiking & visiting villages.

Clothing

- 1-3 pairs of pants. One pair of nicer pants (khakis, golf or dress pants will work well). Lightweight or hiking pants are great in the summer months (It will be hot here, many days above 100 degrees F)
- Athletic shorts for playing sports, cargo/hiking shorts for walking around the city
- Guys – 1-2 collared shirts, 3-5 t-shirts on occasion. Modest shirts and pants (not too tight).
- Ladies – Below the knee pants/skirts. Modest tops that cover your bottom. Short sleeves are fine. and pants or local ethnic wear. Nothing too tight or revealing. Long shorts are ok- just above the knee.
- Sleep clothes
- Pair of slip-on shoes such as sandals, flip flops or slides
- Good shoes for hiking
- Comfortable walking shoes for the city
- Lightweight rain jacket or umbrella
- Swimsuit
 - Ladies: modest 1 piece or tankini, no bikinis
- No clothing with IMB, NT or other organizational branding

Personal Toiletries and Basic First Aid

- Prescription medicines. (You may also be able to find some needed things here at a pharmacy)
- Sunscreen
- Meds for upset stomach
- Local meds like ibuprofen & allergy medication are available but US versions tend to be stronger
- Toothpaste, deodorant, shampoo, conditioner, soap, lotions, lip balm, etc can be purchased here. (If you prefer a certain brand, you may choose to bring enough for the summer)
- Sanitary items for ladies (hard to find US equivalent locally)
- Insect repellent, bug spray

Other Items

- Bible/journal
- 2-3 Type C or F adapter (can be ordered on Amazon)
- ATM card to access spending money
- Unlocked smart phone (needs to be eSim compatible)
- Download the following apps on phone connected to US number: Yandex GO, WhatsApp, Instagram, Telegram & Signal (ask supervisor if you have questions)
- Personal water bottle
- Small power bank
- Flashlight or headlamp for when the power goes out
- Card games or small board games, frisbee, deflated ball, etc. Things you can invite others to play with you.

- Don't bring anything—clothing, materials, logos, pictures etc—from any mission/Christian organizations.

Orientation/debrief items

- Bedding during orientation/debrief: self-inflating sleeping pad or foam pad, sheet, lightweight 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

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 may be washing by hand).
- 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.