Nehemiah Teams 2026
Community Center Outreach/University Ministry
Packing List

Clothing:

- Daily ministry/church clothes-
  At least 4 business casual outfits for going on a university campus or when teaching English
  (girls: pants or skirts & shirt or dress; guys: black or khaki dress pants with a shirt that has a collar- can be polo or button down short sleeve shirt)
  It must be modest and nice. Nothing sleeveless or low cut. The skirt/dress should be at least knee length. The shirt must be nice (no t-shirt). It's best to have fabric that doesn't wrinkle because an iron is not provided. Thai University students wear uniforms so we must dress politely also.
- Casual Clothes for other days – casual clothes should be clean and neat. All clothing should be modest, meaning no low necklines or short shorts. T-shirts and shorts are fine at times. No crop tops that show your belly & nothing sleeveless. Please bring at least 1 pair of jeans or casual pants or capris to wear for outings/trips.
- Underwear/bras- it's very hot here so you will sweat a lot. I would bring a good supply of both.
- Sleep Clothes- comfortable
- Swimsuit—modest (1 piece or tankini). Most of the time will need to wear a t-shirt over it.
- Shoes—comfortable sandals/shoes to wear with your nice clothes. You can also wear nice tennis shoes with it. You will be walking a lot. Can have flip flops for casual days and tennis shoes for exercise if desired.
- Workout Clothes (If desired)

Other Items:

- Bible/journal
- Additional ID other than Passport (i.e. Driver's License/Student ID)
- Small Backpack/Tote for daily use
- Xerox copy of Passport Picture Page (Pack this separately from your passport)
- List of Important Phone Numbers/Email Addresses/Mailing Addresses
- Bring your make-up with you if you use it,
- Prescription Medicines and cold/allergy medicine if you struggle with that
- Tampons, if you use them. They are not available here.
- Pictures of Family, Friends, and hometown/home to show
- You can buy additional personal items here to lighten the weight of your luggage - i.e. toothpaste, bug spray, shampoo, soap, etc.
- Bring your own deodorant. They don't sell much here.
- Sunscreen- you can buy it here but it's much more expensive
- Mosquito repellent
- We will need at least one person to bring a laptop.

General Guidelines for Clothing:

- Whether teaching English at the community center or out doing entry at a Thai university, you will need to be dressed in business casual.

- Shoes: Nice sandals, shoes or tennis shoes. Flip flops can be worn during personal/casual time. Tennis shoes for exercise/sports activities.
- Girl's swimsuits should be very modest - i.e. a one piece or tankini. Thai people usually wear a t-shirt and shorts over the swimsuit
- If you are not sure if something would be appropriate, please ask your local supervisor before coming.

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), lightweight blanket/sleeping bag
- 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
- Mosquito repellent w/ DEET
- Toilet paper (2 rolls) or disposable wipes

Luggage

- 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. Upon arrival at orientation, you will repack 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've got too much stuff. You will be able to wash almost every day (you will learn to wash 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.