

Nehemiah Team 2026

College Students 4 College Students

Packing List



Clothing

Athletic attire (3 sets)

T-shirts must have sleeves, shorts must be knee length, running shoes

Church attire (2 sets)

Guys: long pants, collared/button up shirt

Girls: long pants/skirt, collared shirt/blouse (nothing low cut or revealing)

Closed toed shoes

Daily activity/ministry attire (3 sets)

Guys: long pants, knee length shorts, t-shirts without spiritual/Christian writing or logos

Girls: pants, knee-length skirts, capris, t-shirts without spiritual/Christian writing or logos

Sandals

Water activities

Long shorts for guys & girls. Rash guard is encouraged. Girls would be expected to wear shorts & shirt over modest swimsuit.

- Comfortable flip flops...preferably rubber that can get wet.
- sleep shorts and t-shirt
- Hat or sunglasses
- Underwear/socks

General guidelines for clothing

- It is tropical weather so the lighter the fabric, the better. Golf/hiking pants/dry fit clothing, linen pants, joggers are good. No leggings. Denim may be worn at church but too heavy to wear other than in air conditioning.
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Other Important Items

- Your team will be issued a NT issued duffle bag.
- Water bottle (at least 32 oz)
- Flashlight/Headlamp
- Camera (optional)
- Prescription medicine, cold/allergy medicine if needed. Bring prescriptions with your name on it in case it is needed. Some prescription meds like ADHD medicine are not legal in this country.
- Backpack, fanny pack for daily use
- Wash cloth & Bath Towel- 2 sets (camping towel that is lighter weight and dries faster than regular towel)
- Bible/Journal
- Bug repellent (just get a small bottle, b/c you can get more here. If you are

allergic to DEET, then bring your own.)

- Sunglasses, sunscreen, hats, floppy hats that cover your neck – you're on the equator – you're going to need this.
- Feminine hygiene items: tampons aren't available. Pads may not be your preferred kind
- Deodorant (other toiletries like soap, toothpaste, shampoo are readily available here in small quantities that are great for traveling)
- Pictures of your family to show others here
- List of important phone numbers/e-mail addresses
- Make up (optional- it is hot & you will sweat a lot)
- Frisbee, card games, ukulele (optional)
- Candy or small items from the USA or college to give to new friends. Very cultural to give small gifts like this.
- Photocopy of your passport bio page plus another form of ID (driver's license)

Food Items

- Snack foods such as: peanut butter crackers, snack size Chex mix, trail mix, granola bars, instant oatmeal, etc to add to your diet.

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.
- All students need a 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

There will be a place to store your original bag & any items you leave behind for the summer.