

# Nehemiah Teams 2026

## Church Planting Interns



### Clothing

- Girls: 2 ankle-length skirts, 2-3 pairs of pants.
- Guys: 2-3 pairs of pants
- 2 pairs of modest shorts (knee length shorts acceptable for recreation or tourist activities, not during ministry activities)
- 6-7 shirts (include t-shirts and nicer casual shirts. girls—no sleeveless, should be modest)
- 1 casual dressy outfit for teaching or sharing at churches. (Girls: long dress or skirt, ankle-length)
- plenty of underwear
- sleep clothes
- modest swimsuit or t-shirt and shorts for swimming (optional)
- Flip flops or comfortable easy on/off shoes/sandals because most take off sandals in the house. Make sure any shoes you bring are good for walking.
- Minimal jewelry is ok.

### Personal Toiletries and Basic First Aid

- Prescription medicines
- Sunscreen
- Meds for upset stomach
- Deodorant (not all U.S. brands are available here)
- Toothpaste, shampoo, conditioner, soap, lotions, etc can be purchased here. (If you prefer a certain brand, you may choose to bring enough for the summer)
- Insect repellent, bug spray

### Other Items

- Bible/journal
- Camera
- pictures of family & friends to show
- 3-5 small gifts (like a T-shirt, key chain, etc) from your state or university to give as gifts to friends and translators
- Personal water bottle – MUST stay hydrated
- Small flashlight or headlamp for when the power goes out
- Additional photo ID other than passport (drivers license/student ID/etc). Make a photocopy of your passport to put in your checked baggage.
- Additional copies of your COVID vaccination card and insurance information (this is currently not required, but good to bring if you have it).

**Important Documents and Money** – Passport, credit card, and cash. ATMs are NOT available but you can use a credit card at grocery stores. Bring all cash in USD. Only brand new \$100 bills with no folds, creases, or markings are acceptable. There is no other way to get cash unless you carry it in with you. After you arrive, we can keep your money for you in a locked safe.

**Most important is to bring a teachable, servant spirit. Do not forget this in America. Other temporary items are available here if you forget something but your attitude is the most important. (Phil 2:5)**

## **Luggage**

You will be issued a duffle bag or backpack to use for your checked piece of luggage. You'll receive this upon arrival at orientation & repack your personal items in it to take overseas. There will be a place to leave your original piece of luggage on site as well as any other items you don't need to take to the field with you.

## **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
- Basic personal first aid kit (pain reliever, bandaids, etc)