

Nehemiah Teams

Ends of the Earth Explorer Packing List



Most of the people you will be interacting with wear pants every day. Shorts are acceptable when inside the hotel room.

You will be divided into 2 ministry teams of 2 members.

Each team needs to have:

- One tablet/laptop to use for creating reports after survey/research
- One **unlocked** cell phone to use with a local SIM (ask supervisor if you have additional questions about the type of phone)

Clothing

- 3-4 jeans/pants without holes. Lightweight is great in the summer months.
- Shorts & t-shirt for inside the hotel room **ONLY**
- Guys – collared shirts (polo style, lightweight button down) would be default, t-shirts on occasion
- Sleep clothes
- Flip flops or comfortable easy on/off shoes/sandals because most take off sandals in the house
- Good, comfortable walking shoes
- Shoes that can be wet (Chacos, etc)
- Lightweight rain jacket/poncho/umbrella
- Backpack or small bag for daily use

Personal Toiletries and Basic First Aid

- Prescription medicines for the entire trip
- Sunscreen & sunglasses
- Personal first aid kit: band-aids, anti-itch cream, Tylenol, cold meds, upset stomach meds
- Deodorant (antiperspirant isn't 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)
- Hand sanitizer

Other Items

- Bible/journal/notebook
- ATM card to access funds
- Picture to show new friends- family, friends, places you've visited, etc
- Favorite food/snack items packed in ziplock bags
- personal water bottle
- travel pillow (optional)
- copy of passport bio page packed separately from passport

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
- Rainjacket/poncho or umbrella
- Handheld mirror (optional)
- 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 by Nehemiah Teams to use as your checked piece of luggage. The size of the bag is 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 regularly (you may be washing by hand).
- You can buy additional personal hygiene items locally to lighten your load in packing: shampoo, soap, toothpaste, etc