

## Nehemiah Teams 2026 Philippine Agriculture (Bicol) Packing List



### Clothing:

- Ministry clothes (lightweight pants/capris/with clean shirt) 3 pants, 5 shirts. Tennis shoes or hiking sandals
- Work clothes: lightweight pants, lightweight shirts (2 sets), tennis shoes
- underwear, socks
- sleep clothes (long shorts are acceptable for sleeping only)
- swimsuit (one piece only, shorts over optional) & shirt to wear while swimming, beach towel
- dark colored shirt & shorts for showering
- closed-toe shoes, or hiking sandals for ministry (no flip-flops)
- shorts (7" inseam) for day off & around the house (shorts should be within 2" of the knee when standing. No "Sofee" or running shorts to be worn in public. NO leggings/yoga pants)

### Other important items:

- Bible/journal
- Additional ID other than passport (drivers license/student ID/etc)
- bedding (**self-inflating sleeping pad**, sheet, pillow, can also bring a hammock (optional, sleeping mat is NOT optional)) Suggested [sleeping pad](#)
- towels & washcloth (light, quick-dry is best)
- sturdy water bottle (recommended at least 1 liter capacity)
- xerox copy of passport picture page (pack separately from passport)
- list of important phone numbers/email addresses/mailling addresses
- sunscreen/sun block/hat
- camera (optional, but you won't have your personal cell phone)
- insect repellent
- prescription medicines/basic personal first aid kit (pain reliever, Benadryl, Neosporin, etc.)
- lightweight rain jacket (optional, but encouraged since rainy season is during the time you're there)
- flashlight/headlamp (batteries available locally)
- pictures of family & friends to show
- small gifts to give away (candy, stickers, bouncy balls, etc.)
- Small-medium sized backpack (carry-on size) for daily use (water-proof/resistant would be best)
- Plastic bag/Ziplocs for food/wet clothes
- Travel toilet paper (can usually buy locally, but not on hand in most restrooms)
- Pocket knife (pack in luggage)

### Foodstuff:

- We suggest bringing some of your favorite breakfast items: granola bars, instant oatmeal, protein bars, etc. and other high energy snacks
- If you have specific questions about available foods, just ask.

### Packing information:

- You 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 space 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 every day (you will be washing by hand).

- You can buy additional personal hygiene items here to lighten your load in packing: shampoo, soap, toothpaste, etc.
- If you are asked by your field supervisor to bring equipment or personal items for them, these can be packed in a 2<sup>nd</sup> piece of checked luggage. Good idea to pack this as a team once you arrive at orientation.

### **General guidelines for clothing:**

- Team members will wear long pants & clean shirts during ministry time.
  - Girls pants: can be athletic material but must be loose; can wear long skirts but will hike to most locations, almost all ministry locations are very casual in local's homes
- Sleeveless shirts are not permitted for guys or girls. (This includes tank tops.)
- No military-type clothing or accessories. **(No camouflage! Pattern or color)**
- If you're not sure if something would be appropriate (especially if you're in a very conservative culture) please ask your local supervisor before coming or just chose to leave it at home.
- Men here do not wear earrings. If you do, you will likely be thought of as gay. Also, body piercings are usually associated with drug users. Please remove these before you come.

### **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