

Nehemiah Teams 2026

Explore and Teach Packing List

Most of the people you will be interacting with wear pants every day. Shorts are acceptable when at home, exercising, or swimming.



Clothing

- 2-3 pairs of pants, lightweight are recommended.
- 3 pairs of shorts (can be worn at home, playing sports, or on 'tourist days')
- 5 t-shirts (no verses, quotes, church or mission related word or graphics)
- 2-3 polo shirts (collared shirt)
- a week's supply of underwear, socks
- sleep clothes
- normal men's swim shorts
- Non-slip sandals or flip-flops – you'll remove shoes when entering a home
- Sports shoes for activities and touring.
- Hat/cap - even if you don't usually wear a hat, please bring one
- Lightweight rain jacket
- No jewelry with crosses
- You may want to bring an extra pair of flip-flops to wear inside on the tile floors as your 'indoor shoes/slippers'.
- Long-sleeve, light-weight shirt or jacket – sun and/or mosquito protection

Personal Toiletries and Basic First Aid

- Prescription medicines.
- A small supply of over-the-counter meds – Pepto-Bismol, Imodium, Tylenol, Triple Antibiotic cream, Anti-itch, eye drops, band aids, etc. There will be local Pharmacies, but they may not carry what you need.
- Sunscreen
- 2 thin bath towels (and hand towels or washcloths, if desired)
- 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)
- Small Insect repellent/bug spray – more can be purchased here, if needed
- Flashlight or headlamp
- Earplugs – even if you don't usually use them, they will help block unfamiliar noises.
- Small packs of tissues (**Keep tissues with you at all times. Public restrooms rarely have tissue.) Additional packs can be purchased here.

Other Items

- Bible/journal
- ATM card to access spending money
- *Spiritual Warfare* book (pre-field reading list)
- Camera (optional)
- personal water bottle (if desired)

- A photocopy of your passport information page and e-visa. Keep the copies in a separate location from your originals.
- Watch w/alarm or battery-operated alarm clock

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
- Rain jacket/poncho or umbrella
- Handheld mirror
- Mosquito repellent w/ DEET
- Toilet paper (2 rolls) or disposable wipes

Carry On & Checked Luggage

- Be sure to pack what you would need to survive for a few days in your carry-on in case your luggage is delayed. Use a backpack as a carry-on, as this will be helpful during your time for day trips.
- Nehemiah Teams will issue a backpack/duffle bag to use as your checked piece of luggage. The size of the bag is 4300 cubic inches (70 liters). The cost for using this bag is included in your field expense. Upon arrival at orientation, you will re-pack your belongings into this bag. There will be a place to leave your bag over the summer. If you can't get it all in that... then you've got too much! Laundry facilities will be available in the housing.

Important Documents and Money – Passport, credit card, ATM card, and shopping money. ATMs are easily accessible. Check with the bank about possible fees. If you prefer, you can bring cash in crisp \$100 bills. We can keep your money in a safe place.

Make a photocopy of your passport to put in your checked baggage.

Follow instructions for printing your e-visa for arrival and departure. Print an extra copy to put in your checked baggage.

Food Items:

- Only bring what you can't live without. There is a lot of good food here to try, but we understand that some days you might not like the food, or you may just want something familiar. You can buy some snacks here, but there are not many US snacks, so if there is a snack you'd like to have, bring it. If you have any specific questions, don't hesitate to ask.

Most important is to bring a teachable, servant spirit and grateful attitude. Phil 4:11-12