

Nehemiah Teams 2026 Golden Triangle Packing List



Clothing:

- Daily ministry/church clothes (See descriptions below)
Some situations, like teaching English, visiting a university, or attending church will require more professional outfits.
 - Please bring at least 2 -3 professional/nice outfits. (girls: skirts & shirt/nice pants or dress; guys: black or khaki dress pants with a shirt that has a collar- can be polo or button-down short sleeve shirt). It must be modest and nice. Nothing sleeveless or low cut. The skirt/dress should be about knee length. The shirt must be nice (no t-shirt). It's best to have fabric that doesn't wrinkle because an iron is not provided.
 - Please bring a couple pairs of jeans/pants/capris. It will be hot, so breezy pants or lightweight pants are suggested. (EX: Golf pants, hiking pants, etc.)
- Casual Clothes for other times – casual clothes should be clean and neat. All clothing should be modest, meaning no low necklines or short shorts. T-shirts and longer shorts are fine at times. No crop tops that show your belly & nothing sleeveless.
- Underwear/bras- it's very hot here so you will sweat a lot. Bring a good supply of both.
- Sleep Clothes- comfortable
- Swimsuit—modest (1 piece). Most of the time will need to wear a t-shirt & shorts over it.
- Shoes—Comfortable sandals/shoes to wear with your nice clothes. You can also wear nice closed toed shoes/tennis shoes with it. You will be walking a lot. Flip flops for casual days & tennis shoes for exercise if desired. A good shoe that can get dirty on the mountain/in the village is also recommended.

Other Items:

- Bible/journal
- Phone/Digital device (NT365 will issue phone to use for team use)
- Additional ID other than Passport (i.e. Driver's License/Student ID)
- Small Backpack/Tote for daily use
- Xerox copy of Passport picture page (Pack this separately from your passport)
- List of Important Phone Numbers/Email Addresses/Mailing Addresses
- Make-up (optional)
- Prescription Medicines & cold/allergy medicine if you struggle with that (If you have a medical condition, make sure you have a small card that gives information on you at all times as well.)
- Tampons/pads. Tampons are not readily available here. Pads are available, but it can be beneficial to have your preferred brand.
- Pictures of family, friends & hometown/home to show
- Buy additional personal items here to lighten the weight of your luggage - i.e. toothpaste, bug spray, shampoo, soap, etc.
- Bring your own deodorant!! You will need 24 hours or 72 hours as you will sweat.

General Guidelines for Clothing:

Shoes: Girls can wear nice sandals or dress shoes while teaching English or going to church. Flip flops can be worn during personal/casual time. Tennis shoes for exercise/sports activities. A good shoe for the mountain/village trips that can get dirty needs to be packed as well. Girl's swimsuits should be very modest - i.e. a one piece.

Orientation/debrief items (NOT NEEDED FOR NT365)

- 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), lightweight blanket/sleeping bag
- 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

Luggage

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. Upon arrival at orientation, you will repack your belongings for the summer into this bag. There will be a place to store your original pack plus any extra items you choose to leave behind for the summer. If you can't get it all in that... then you've got too much stuff. You will be able to wash almost every day (you will learn to wash by hand). If you are required to bring specific equipment or asked to bring personal items for supervisor, these can be packed in a 2nd piece of checked luggage. Good idea to pack these as a team after arriving at orientation.