

Nehemiah Teams 2026 Kingdom Trainer Packing List

*Most of the people you will be interacting with wear pants every day.
Shorts are acceptable when at home on your own.*



Clothing

- 3-5 pairs of pants. One pair of nicer pants (khakis or dress pants will work well). Lightweight is great in the summer months (It will be hot here, many days above 100 degrees F)
- Shorts for around the house
- Guys – collared shirts would be default (polo or fishing style), t-shirts on occasion. Modest shirts and pants (not too tight).
- Ladies – Most women wear longer tops and pants or local ethnic wear. We will help you get a few Indian outfits while you are here. Bring modest tops that cover your bottom. Nothing too tight or revealing.
- Sleep clothes
- Flip flops or comfortable + easy on/off sandals because you will remove your shoes in most homes.
- Comfortable walking shoes
- Lightweight rain jacket or umbrella

Personal Toiletries and Basic First Aid

- Prescription medicines. (You may also be able to find some needed things here at a “Chemist”)
- Sunscreen
- Meds for upset stomach
- Deodorant (not many 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)
- Sanitary items for ladies (hard to find US equivalent locally)
- Insect repellent, bug spray

Other Items

- Bible/journal
- ATM card to access spending money
- Unlocked smart phone (use for ministry & time on day off)
- Personal water bottle
- Small power bank
- Flashlight or headlamp for when the power goes out

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

- Rain jacket/poncho or umbrella
- Handheld mirror
- 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/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 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 almost everyday (you may be washing 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.