

# Nehemiah Teams

## Campus Evangelism and Discipleship

### Packing List



#### What to pack in:

Even though you will likely be able to check two bags on your flight to Malawi, we request that you pack in no more than one checked bag, one carry on item, and one personal item. 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 or 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 and hand washing is another option.

As you think about what clothes to bring, think summer clothes that are not revealing- i.e. Girls must wear pants or long skirts and no revealing neckline. Guys should also plan on wearing pants unless playing sports.

#### Clothing:

- 8 short sleeve shirts
- 3-4 pants (check for modesty)
- 1-2 long skirts for ladies (for churches and if you go to a village)
- 1-2 shorts for men for playing sports
- 1-2 lounge clothes/pajamas for your apartment (you can wear shorts at home)
- Girls can also bring sports gear as running and exercise and playing sports will be an option. (knee length shorts)
- 1-2 semi-formal wear items - Polo/Button-up for guys, long dress with shoulders covered for ladies
- Sweater, sweatshirt, or jacket (for the mornings/evenings when it cools down) Rooms are not insulated so you will feel cool at night even inside.
- Swimsuit (modest one piece)
- 10 pair of underwear
- 8 pair of socks
- 2 sports bras, 3 regular bras
- Tennis shoes/closed toed comfortable for walking

- Sandals
- Flip flops (to wear in shower or around house)

#### Toiletries:

- Deodorant
- Tampons/pads
- Contacts and glasses, contact solution
- Toothbrush and toothpaste, floss
- Razors
- Whatever other products you use (brush, shaving cream, face wash, lotion, hairbrush and hair product, clippers, tweezers, etc.)
- Sunscreen
- Sunglasses
- Mosquito repellent w/DEET

#### Important Documents:

- Passport (+2 copies of main page)
- Debit Card (+2 copies)
- Driver's License (+2 copies)

**Medications:** (recommendations)  
(1 medicine kit per team)

- Prescription meds (if you take on a regular basis)
- Itch ointment (mosquitoes are real)
- Advil/Tylenol
- Band-Aids and Neosporin type ointment
- Imodium-AD
- Laxatives
- Pepto Bismol
- Vitamins
- Benadryl

### **Electronics:**

- Computer, charger (1 per team)
- Bible
- Converter/adaptor: **ONLY BRING ELECTRONICS THAT ARE FLOW VOLTAGE.** If it is only 120v – DO NOT BRING IT; however, if it is 120-240v then you can use an adaptor and it will

be fine. (All Apple products are flow voltage).

### **Random Stuff:**

- Backpack for daily use (will need for carrying Bible, notebook, papers to & from campus)
- 1-2 Towels (thin, camping, or travel towels)
- Hand sanitizer
- Water Bottle
- Favorite snacks (ex: granola bars, trail mix, etc.)
- Carabiner (to hook your water bottle)
- Games
- Gifts from America to give to your friends
- Camera

### **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

When packing, remember to pack enough but not to over pack. You will have access to washers/dryers while you are here. Do not bring flashy jewelry or apparel, you want to avoid drawing attention to yourself. It is important we respect the cultures we are visiting so Modesty is Key!

Remember June and July are winter in in the southern hemisphere. It can get cool at night.

Long pants/jogger type pants are encouraged. Shorts are overall culturally unacceptable. Shorts are fine at the guesthouse. Long skirts for girls for church.

Malawi doesn't request any immunizations to enter the country. That is a personal preference. Malaria prophylaxis is highly recommended. Malaria is prevalent across the country.

Personal Spending Money needs to be USD in new 100's (100's get the best exchange rate) with the new band on it. We have tried to exchange older 100's and they are not accepted. The bills need to be newer than 2013.

(May need to give address upon arrival.)

Address of Baptist Guesthouse: Area 3 Plot 600/601 Lilongwe

Phone numbers: Chris Schilt +265 99 348 1178; Jamie Schilt +265 99 348 1179

### **Frequently Asked Questions:**

#### **Do I need to bring a converter for all my electronics?**

The voltage in Malawi is 220-240V, in America its 110-120V, so for electronics that have a heating element (straighteners, curling irons, etc.), most of the time you will need to use a converter. Do not bring hair dryers from America. They will burn up or blow the power in your apartment.

#### **What kind of snacks should I bring from America?**

Some people like to bring things like granola bars that are harder to find overseas.

#### **What kind of toiletries can I find in Malawi?**

You won't be able to find all your toiletries in Malawi, so make sure that you bring enough for the whole summer (i.e. bring a full thing of deodorant instead of a half-used one). You can find shampoo, conditioner, toothpaste, toothbrush, some razors & contact solution, and some types of deodorant, but not always your typical American products. Girls, you can find pads & tampons in Malawi, but sometimes not regularly and some brands or styles aren't like those you find in America. If you have a particular preference, bring what you'll need from the U.S.