

Nehemiah Teams 2026 ESL for Preschool & Elementary Students Packing List



EACH TEAM MEMBER BRING

- Pack of 3x5 index cards
- ONE OF THE FOLLOWING
 - 1 - Dr. Pepper 16 oz bottle (to share with Host ☺)
 - \$10 worth of education supplies from the Stateside Dollar store bins
 - Classroom finger pointer (Dollar Store)

Clothing:

- Ministry clothes (lightweight pants/capris/jeans with collared shirt) 1-2 pants, 3-5 **collared shirts**. You will get local Lao skirts made to fit on site to wear at the preschool, that will be worn with the collared shirts (Monday – Friday)
- underwear, socks
- sleep clothes (shorts & t-shirt are fine)
- swimsuit (1-piece modest or tankini) & towel. You will not be allowed to wear a bikini even with a cover-up.
- Board shorts (7" inseam) & t-shirt/rash guard to wear over swimsuit while swimming
- closed-toe shoes or sandals for prayer walking, flip flops are ok for casual "tourist days"
- shorts (7" inseam) for day off & around the house (shorts should be within 2" of the knee when standing. No running shorts)
- There are washing machines available, in homes and a coin operated one at the preschool you can use for laundry & hang dry.

Other important items:

- \$80 USD EXACT AMOUNT for tourist visas (\$40 on arrival, 2nd Visa – Thai border crossing at 28-30 day mark. This is included in your field budget)
- Having extra USD is helpful, \$100-200 (\$50 or \$100 bills only, clean, no tears rips or other markings on the bills please.)
- Bible/devotional materials
- *Spiritual Warfare* book
- Additional ID other than passport (driver's license/student ID/etc)
- towel & washcloth (light, quick-dry is best)
- sturdy water bottle (recommended 1 liter capacity)
- xerox copy of passport picture page (pack separately from passport)
- 2 pcs passport photo (2x2) for visa renewal application
- list of important phone numbers/email addresses/mailling addresses
- sunscreen/sun block/hat
- lightweight rain jacket
- tampons (feminine hygiene products)
- camera (optional but you won't have your personal cell phone to use)
- insect repellent
- prescription medicines/basic personal first aid kit
- pictures of family & friends to show
- small gifts to give away (candy, stickers, etc. something small from your city or state)
- small-medium sized backpack (carry-on size) to use on a daily basis

- small music instruments are allowed – you must be responsible for it the entire time.

Foodstuff:

- We suggest you bring at least 10-12 backpack meals with you. (Mountain House is a good brand.) Since you will have a chance to do some of your own cooking, these will be an easy & nutritional addition to your diet over the summer.
- We would also suggest bringing some of your favorite breakfast items: granola bars, instant oatmeal, cereal bars, etc.
- If you have specific questions about available foods, just ask.

Packing information:

- You will be issued a 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 can buy additional personal hygiene items here to lighten your load in packing: shampoo, soap, toothpaste, etc
- 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.

General guidelines for clothing:

- No military-type clothing or accessories.
- If you are not sure if something would be appropriate please ask your local supervisor before coming or just chose to leave it at home.
- Girls must wear shorts & t-shirt over swimsuit when swimming

Orientation/debrief items

- Bedding during orientation/debrief: self-inflating sleeping pad or foam pad, sheet, sleeping bag/lightweight blanket, small pillow (no electricity on site for blowing up air mattresses)
- Outdoor bathing stations: All 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
- Rainjacket/poncho or umbrella
- Handheld mirror
- Mosquito repellent w/ DEET
- Toilet paper (2 rolls) or disposable wipes