

# Nehemiah Teams 2026

## SEAP Redeemed



### Clothes

*Everyday Attire (Remember MODESTY and Light Weight/DriFit)*

- Most people prefer some type of sandals, chacos, or flip flops. You can bring normal athletic shoes, but keep in mind you will be taking them off every time you go into people's homes.
- 3-4 light weight long pants. Women can bring capri pants.
- 4-5 T-shirts or other casual shirts
- 1-2 Collared shirt with short sleeves for men (You will need these for teaching)
- 1-2 Blouse/dress shirt with sleeves for women (You will need these for teaching)
- Sleeveless shirts are not permitted, shorts only permitted for men if playing sports.
- Tight fitting pants/shorts/skirts are NOT permitted.
- No shirts that are tight fitting or expose the midriff. No low cut shirts.

### 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: 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

### *Around Your House*

Shorts are only appropriate around your house or when playing soccer with students, but even then, ladies should only wear shorts that are knee length. Even inside the house, you'll be maintaining a testimony to your neighbors so it's best to go as modest as possible. Girls can also wear very modest sleeveless shirts around the house at night. A lot of Cambodian men wrap a piece of cloth around themselves and go shirtless around the house. Guys... please don't be that indigenious.

### *Out on the Town*

**Shorts are inappropriate.** Other foreigners will wear shorts and you will see an increasing number of Cambodians wearing them, but as a whole Cambodian culture regards shorts as inappropriate attire. Blue jeans or khaki pants are both ok. Go with whatever works best for you in 95 degree temperatures that fits the modesty of the Cambodian culture.

### *Swimming*

There may be opportunities to swim or go to a waterpark. Guys can swim in normal swimsuits or shorts. Cambodian women usually swim in pants and long-sleeve shirts. Girls can bring your normal swimsuits but should have knee-length shorts/capris and a t-shirt to wear over your swimsuit.

### Luggage

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 re-pack your belongings in this when you arrive at orientation. There will be a place to store your original bag & any extra items

you choose to leave behind. If you can't get it all in that... then you've got too much! You will be able to wash almost every day (you will be washing by hand).

### **Electronics**

Although you can purchase converters in the U.S. and use some of your electronic devices, there is a good chance that they will burn up or break if you use them in Cambodia – even with the converter. It is best that you not bring anything (hairdryers, electric razors, etc.) that you would need to plug in.

### **Money**

You will not need to exchange money. Cambodia uses American currency for anything over \$1. Cambodian “riel” is used for anything under \$1. Check with your field supervisor to confirm your field budget amount. Bring \$400-500 of your field budget in CASH per person and you can access an ATM after you are settled in. Big bills can be hard to break, so it's best to bring your cash in \$20 bills or smaller. Most vendors will **NOT** accept your money if the bills are too old, torn, or have writing on them.

### **Toiletries**

Everything you need is available here – toothpaste, shampoo, soap, etc... but it's best if you bring enough to get you by until you can make a trip to the market. Women, bring tampons if you use them, they aren't available here.

### **Foods**

Don't worry... you won't starve here, so don't try to cram too many snacks into your bags. You can bring something if you like, but M&M's and other sweets are available here. For the right price, you can even find Doritos in Cambodia.

### **Bibles and books**

Feel free to bring your Bibles and any books you might want to read over the summer. Don't worry about trying to hide them or anything. It's perfectly ok to bring those kinds of materials into Cambodia... although it will limit what clothing you can pack in your duffle bag.

### **Pictures**

These aren't essential... but students love pictures. It's always nice to have some pictures to show them of family, grandparents, house, university, friends, church, places you like to go. It's good to have some that you know might lead you to more spiritual conversations. Students will want to get to know you, so be prepared come up with ways to let them know you.

### **Games**

If you have any small games (deck of cards, Uno, etc) that somebody could learn to play in simple English, those would be great to bring.

### **Medicine**

Bring any medicine that you need in case of emergency. As a team, please bring a first aid kit with Tylenol, Benadryl, pepto, allergy medicine, cold medicine, sunscreen, band-aids, etc. Those medicines are usually available in Cambodia, but not as cheap and not always convenient.

ASTHMA Warning: Those with even minor asthma issues should bring an inhaler and any extra asthma related medications you might need. The extra dirt and pollution in the air has had an extra affect on several volunteers who have had asthma.

### **In General**

Don't overpack! You'd be surprised how much you can live without. It can be pretty refreshing to simplify your life and take a break from "stuff" while you're here. Also, the more things you bring, the more you come across as the wealthy and wasteful foreigner.

Also, **don't** bring anything that you couldn't live without if it was **stolen, broken, or lost**.