

Nehemiah Teams 2026

South Pacific Explorer Team Packing List



PER TEAM – These items to be shared as a team

- Basic First Aid Kit – includes Neosporin or equivalent (2 kits)
- 2 man tent (2 tents)

Clothing:

- Ministry clothes (lightweight pants/capris/jeans with clean shirts) 1-2 pants, 1-2 collared/polo shirts. Church, other semi-casual situations (meeting government officials, teaching, etc)
- Trekking clothes: T-shirts & pants/shorts
- underwear, socks
- sleep clothes (shorts & t-shirt)
- swimsuit & towel
- hiking sandals (better option than tennis shoes in case they get wet)
- slides or flip flops for casual time (shoes are removed often)

Other important items:

- Bible/journal
- Additional ID other than passport (driver's license/student ID/etc.)
- bedding (self-inflating sleeping pad, single sheet, pillow)
- towel & washcloth (light, quick-dry is best)
- sturdy water bottle (recommended 1 liter capacity)
- xerox copy of passport picture page (pack separately from passport)
- list of important phone numbers/email addresses/mailling addresses
- sunscreen/sun block/hat
- headlamp/flashlight
- lightweight rain jacket
- camera (optional)
- power bank
- 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
- fanny pack for money, passport, personal items for local travel & daily use

Foodstuff:

- We suggest you bring at least 8-10 backpack meals with you. (Mountain House is a good brand.) Since you will have the chance to do some if your own cooking, these will be an easy & nutritional addition to your diet over the summer. Or other easy meal/snack items like beef jerky, trail mix, etc.
- We would also suggest bringing some of your favorite breakfast items: granola bars, instant oatmeal, cereal bars, etc.
- Hydration/Electrolyte packets to add to water (optional)
- Water purification tablets or portable water filter

Packing information:

- You will be issued a backpack 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 locally 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.

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 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

General guidelines for clothing:

- No military-type clothing or accessories.
- If you not sure if something would be appropriate please ask your local supervisor before coming or just chose to leave it at home.