

# Nehemiah Teams 2026

## Sports & English Engagement Team

### Packing List



#### Clothing Sports Ministry

- Shorts & t-shirts
- Sports jerseys
- 2-3 pair lightweight hiking pants (quick dry is best)
- 2 pair dress pants, not jeans or hiking pants
- Bathing suit
- 3-4 short-sleeve, collared shirts
- Lightweight rain jacket
- Conservative pajamas or sleep shorts (restroom may be outside)
- Hat/cap and/or sunglasses
- Underwear

#### Clothing English Ministry

- 2-3 pair lightweight pants (quick dry is best)
- 2 pair dress pants, not jeans or hiking pants
- Bathing suit
- 5-6 nice blouses/collared shirts to be worn while teaching English
- Lao Skirt for teaching English (will be bought upon arrival)
- Lightweight rain jacket
- Conservative pajamas or sleep shorts (restroom may be outside)
- Hat/cap and/or sunglasses
- Underwear

#### Footwear:

- Comfortable walking/hiking shoes or sandals
- Flips flops or sandals
- Soccer cleats
- Tennis shoes

#### Other Important Items:

- Bible/devotional materials/journal
- Spiritual Warfare* book (see website for pre-field reading)
- Additional ID other than passport
- Towel (quick dry towel is best) and wash cloth
- Water bottle
- Copies of passport
- List of important phone numbers and email addresses
- Sunscreen
- Camera
- Insect repellent
- Prescription medications
- Flashlight or headlamp
- Pocket knife (packed in checked luggage)
- Hammock w/ mosquito net (if possible)

- ❑ Toiletries (soap, shampoo, deodorant, toothpaste)
- ❑ Four extra passport-size photos
- ❑ Bring your required field money in crisp \$100 or \$50 bills (if bringing cash). ATMs are available, but they only dispense local currency. The service fee at most ATMs is around \$2.50 per transaction. Your U.S. bank may have an additional charge. Cannot stress enough US\$ need to be clean, crisp, NO micro tears, no markings, pristine condition

**Food Items:**

- ❑ Bring some snack foods such as granola bars, peanut butter crackers, energy bars or whatever you prefer.

**Packing Information:**

- ❑ You 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 can buy additional personal hygiene items here to lighten your load in packing: shampoo, soap, toothpaste, etc.
- ❑ Sleeping bags and sleep pads will be provided on the field.

**General Guidelines for Clothing:**

- ❑ Team members will wear long pants & clean shirts during ministry/teaching time.
- ❑ Sleeveless shirts are not permitted for guys or girls
- ❑ No military-type clothing or accessories. No "Christian" shirts or jewelry.
- ❑ If you not sure if something would be appropriate (especially if you're in a very conservative culture) please ask your local supervisor before coming or just chose to leave it at home.

**Orientation/debrief items:**

- ❑ All teams will need bedding during orientation/debrief: self-inflating sleeping pad, sheet, lightweight blanket, small pillow (optional)
- ❑ All teams will be bathing outdoors during orientation/debrief & will need dark colored shorts/shirts to wear while bathing. All will need a personal towel.
- ❑ 2 rolls of toilet paper/wipes
- ❑ Personal hand sanitizer
- ❑ Flashlight/headlamp

If these items aren't needed on the field there will be a place for you to store them over the summer, ready for you when you return for debrief.