

NT4Teens 2026 *(Updated April 7th)*

Philippines (Girls) Packing List



Clothing:

- Ministry clothes (lightweight pants/capris/skirts with clean shirt) 3 bottoms, 4 tops. You'll get a team shirt at orientation. Should include at least one non t-shirt & skirt for church.
- Work clothes: 2 bottoms, 3 t-shirts. Closed toe shoes (tennis shoes are fine)
- underwear, socks
- sleep clothes (shorts & t-shirt are fine)
- swimsuit (1-piece modest or tankini) & towel
- Board shorts (7" inseam) & rashguard/t-shirt to wear over swimsuit while swimming
- closed-toe shoes or sandals for ministry (no flip-flops)
- shorts (7" inseam) for day off, sightseeing & around the dorm (shorts should be within 2" of the knee when standing. No "Sofee" or running shorts to be worn outside of your room. No yoga pants.)

Other important items:

- Bible/journal
- additional ID other than passport (drivers license/student ID/copy of birth certificate/etc)
- towels & washcloth (light, quick-dry is best)
- sturdy water bottle (at least 1 liter capacity)
- xerox copy of passport picture page (pack separately from passport)
- list of important phone numbers/email addresses
- work gloves
- sunscreen/sun block/hat
- personal toiletries (Small sizes, adequate for the duration of the trip. Additional items can be purchased locally as needed)
- small laundry bag
- lightweight rain jacket/umbrella (optional)
- camera (optional but you won't have your personal cell phone to use)
- insect repellent
- prescription medicines/basic personal first aid kit (pain reliever, Benadryl, Neosporin, etc.)
- flashlight/headlamp (additional batteries available locally)
- pictures of family & friends to show
- small gifts to give away (candy, stickers, etc.)
- small-medium sized backpack to use as carry on & on a daily basis
- 100 Wordless books (bundled in 10's, packed in Ziplock bags)

Foodstuff:

- 2 large boxes of your favorite breakfast cereal
- 1 box of your favorite breakfast/snack bar
- 2 boxes of macaroni & cheese (with cheese sauce)
- 1 large plastic jar of peanut butter **or** grape jelly

These items will be collected during orientation & packed in a separate piece of luggage.



Packing information:

- All students 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. If you can't get it all in that... then you've got too much! You will be able to have clothes washed almost every day. You will be sent this bag a couple weeks before orientation begins. Your bag can weigh up to 35 pounds.

- Additional personal hygiene items locally if needed to lighten your load in packing: shampoo, soap, toothpaste, etc

General guidelines for clothing:

- Team members will wear pants/skirts & clean shirts during ministry & work time.
- Sleeveless shirts are not permitted for guys or girls. (This includes tank tops)
- 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 choose to leave it at home.
- Body piercings (other than regular ear piercings) are usually associated with drug users. Please remove these before you come.
- Girls will wear shorts & t-shirt over swimsuit when swimming

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) **These items will be shipped to your home address at the end of orientation.**
- Outdoor bathing stations: All students 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
- Basic personal first aid kit