

## **Nehemiah Teams 2026**

### **Urban University Bridge Builder**

### **Packing List**



#### **Clothing:**

- **Daily ministry/church clothes**
  - 2 pair of pants for church/church events, as well as polos or button-down shirts.
  - On campus, pants are normal, but nice Khaki shorts may be acceptable on occasions. T-shirts are fine, avoid anything political or controversial. It is very hot, so dry fit shirts are recommended.
- Casual Clothes for other days – casual clothes should be clean and neat. T-shirts/pants are the norm... shorts are fine at times. Nothing sleeveless. Bring at least 1 pair of jeans or casual pants/capris to wear for outings/trips.
- Underwear - it's very hot here so you will sweat a lot. I would bring a good supply of both underwear and undershirts
- Sleep Clothes- comfortable
- Shoes—Tennis shoes for daily use, dress shoes for Sundays if desired but not required. Tennis shoes are acceptable for church.
- Workout Clothes (If desired), If you have any tattoos, they will have to be covered at a gym if you wish to go to one.

#### **Other Items:**

- Bible/journal
- Additional ID other than Passport (i.e. Driver's License/Student ID)
- Towels & Washcloth
- Small Backpack/Tote for daily use
- Prescription Medicines and cold/allergy medicine if you struggle with that
- You can buy additional personal items here to lighten the weight of your luggage - i.e. shampoo, soap, etc.
- Bring your own deodorant. They don't sell much here.
- Camera (optional)
- Nintendo Switch for Gaming Ministry (Will be used for ministry-- if available)
- VR Headset for VR Ministry (if available)

#### **General Guidelines for Clothing:**

- If you are not sure if something would be appropriate, please email and ask your supervisor before coming.
- Tokyo is a first world city. Slouchy, ragged or torn clothing is not appropriate. Clothing should be neat. Japan traditionally remains a modest country when it comes to dress, although younger people are changing fashion trends. For this team however, modesty is golden. Summers are quite hot and humid, and AC can be sparse. Team members should not wear sleeveless shirts. No tank tops, no short shorts (at least 5" inseam or longer).
- No military-type clothing or accessories

### **Orientation/debrief items**

- Pants required for orientation and debrief (daily/ministry dress code)
- 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), lightweight blanket/sleeping bag
- 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
- Rain jacket/poncho or umbrella
- Handheld mirror
- Mosquito repellent w/ DEET
- Toilet paper (2 rolls) or disposable wipes

### **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 70 liters. The cost for using the bag is included in your field expense. Upon arrival at orientation, you will repack your belongings for the summer into this bag. There will be a place to store your original pack plus any extra items you choose to leave behind for the summer. If you can't get it all in that... then you've got too much stuff. You will be able to wash almost every day (you will learn to wash by hand).
- 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.