

Nehemiah Teams 2026 Urban Risk-Takers Packing List



The main thing is to be modest and comfortable. It will be hot, like a FL summer, so dark colors will attract more heat, of course, since we are closer to the equator.

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. Upon arrival at orientation, you will re-pack 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!

Boys

- Enough light t-shirts to last one week
- Two pairs of jeans/pants & 2 pairs of non-athletic shorts
- 2 pairs of athletic shorts
- Dryfit/t-shirts for sports
- 1-2 “nicer” shirts for church and nights out (shirts w/ some type of collar)
- 1 pair of nice pants in case you attend a wedding
- Comfortable sandals/flip flops
- 1 pair of athletic shoes
- 1 pair of shoes you can wear while hiking
- 1 pair of nicer closed toed shoes for weddings
- Swimsuit
- Light rain jacket
- socks and underwear
- Light jacket/sweater for cool nights
- Sleepwear
- Bible/journal

Girls

- NO SLEEVELESS ANYTHING ☺
- Light t-shirts to last one week. (v-necks are okay just nothing revealing)
- 3 pair of jeans/capris/pants
- 2 sets of athletic clothes (capris length pants or long shorts)
- 1-2 collared shirts/blouse for church and nights out
- Knee length or longer skirt in case you are invited to a wedding.
- 1 pair of nicer sandals/shoes for wedding
- Comfortable sandals/flip flops since the weather is hot, but a lot of girls wear flats and Converse also.
- 1 pair of athletic shoes
- 1 pair of shoes you can wear while hiking (shoes, not boots)
- A modest swimsuit w/ cover-up
- Light rain jacket/Light jackets or sweaters for cool nights
- Socks and underwear
- Bible/journal

- Sleepwear- think modest

What NOT to Bring:

- Anything that plugs in that is not 110-220v. Anything else will not work.
- Any heavy clothing. You won't want to wear it and it will take up space.
- Overly "Christianity" clothing.
- Your whole bathroom. Girls- keep in mind most of your plug-ins won't work. We will have a hair dryer available, but all small appliances are low voltage – so it takes a while to blow dry your hair
- Your whole closet. You will be in a culture where it is perfectly and 100% fine to wear the same shirt twice in one week. We also have daily laundry service at the house where you will be living.
- Anything that you could not "live" without if it was stolen or lost.
- TOO MUCH STUFF. This is a culture where you're better off with less. You'll appreciate the extra packing room for when you return home.
- Tons of snacks. Some are okay, but it's great and exciting to totally immerse yourself in the culture here, which includes food 😊

When packing, try to leave some extra room in your bag or carry on. You will be given opportunities to buy souvenirs and will need a way to get them home!

It is okay to bring some things to look "cute" but please don't bring your whole closet or jewelry box. If you happen to forget something, don't sweat it. You're about to be living in a major city with access to many stores, shops, and malls. You'll most likely be able to find it here.

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 students will need 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