

# Nehemiah Teams 2022

## Sports & Student Center

### Packing List (Girls)



#### **Clothing:**

- Ministry clothes (lightweight, "Dri fit or Quick dry" pants/capris/jeans with clean shirt) 3 pants, 5 shirts. You should have at least one non t-shirt top.
- All t shirts should be round necked not V-neck
- underwear, socks
- sleep clothes (knee length shorts & t-shirt are fine)
- swimsuit (1-piece modest) & towel. You will not be allowed to wear a two piece swimsuit even with a cover-up.
- Board shorts (knee length) & t-shirt to wear over swimsuit while swimming
- Tennis shoes or hiking sandals for ministry (no flip-flops except at base camp)
- Knee length shorts for around the house (No "Sofee" or running shorts)
- Bring a solid white shirt with a collar that has 3-4 buttons at the top (polo style). This will be used as a "uniform" in certain ministry situations.
- Nehemiah Teams nametag (the one that you get at orientation)
- Knee length dark shorts and dark t shirt for bathing outside at a water pump. You can use the same set over your swimsuit and at orientation and debrief in Alabama for bathing outside.

#### **Other important items:**

- Bible/devotional materials
- *Spiritual Warfare* book (pre-field packing list)
- Student ID in addition to passport (you will get student discounts with a student ID but none without it)
- bedding (self-inflating sleeping pad, sheet, pillow)
- towels & washcloth (light, quick-dry is best)
- personal eating utensils: plate, cup, bowl, spoon/fork
- sturdy water bottle (recommended 1 liter capacity)
- xerox copy of passport picture page (pack separately from passport)
- 2 pcs passport photo (2x2) for visa renewal application
- list of important phone numbers/email addresses/ mailing addresses
- sunscreen/sun block/hat
- umbrella
- tampons (if you use them, not available here)
- camera (optional but you won't have your personal cell phone to use)
- insect repellent
- hammock (optional)
- prescription medicines/basic personal first aid kit
- flashlight/headlamp
- pictures of family & friends to show
- small gifts to give away (pencils, stickers, etc.)
- small-medium sized backpack (carry-on size) to use on a daily basis

**Orientation/debrief items**

- Bedding during orientation/debrief: self-inflating sleeping pad or foam pad, sheet, 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

**Foodstuff:**

- We suggest you bring at least 10 backpack meals with you. (Mountain House is a good brand.) Since you will be responsible for your own cooking, these will be an easy & nutritional addition to your diet over the summer. Others in the past have liked the lasagna and other pasta dishes.
- We would also suggest bringing some of your favorite breakfast items: granola bars, instant oatmeal, etc.
- If you have specific questions about available foods, just ask.

**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 will be able to wash almost everyday (you will be washing by hand).
- You can buy additional personal hygiene items here 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 your supervisor, these can be packed in a 2nd piece of checked luggage. Good idea to pack these as a team after arriving at orientation.

**General guidelines for clothing:**

- Team members will wear pants & clean shirts during ministry 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 chose to leave it at home.
- In the Philippines, body piercings (other than regular ear piercings - one hole per ear in the lobe area) are usually associated with drug users. Please remove these before you come.
- Girls must wear knee length shorts & t-shirt over swimsuit when swimming.