

Nehemiah Teams 2022

Campus Light Packing List



Clothing

- Daily on-campus classroom clothes (see description below)
- Casual clothes (see description below)
- Underwear/socks
- Swimming clothes (see description below)
- Shoes (see description below)
- Sports clothes/Workout clothes (see description below)

Other Items

- Bible, Journal
- ID other than passport (DL or student ID card)
- Towel and washcloth
- Sunglasses
- Bug spray
- No need to bring bedding to the field unless you need your own pillow instead of the pillow that will be provided.
- Water bottle (at least 1 qt capacity)
- Purse, over the shoulder bag, or small backpack for daily use
- Scanned copy of passport information page (packed separately from passport)
- Sunscreen, sunglasses as needed (Sunscreen can be more expensive here)
- bug repellent, makeup as needed
- Prescription meds and any OTC meds or vitamins you regularly take.
- Good deodorant. Options here are not very strong, and you will sweat a lot.
- If needed you can buy shampoo, toothpaste, soap, body wash etc. here
- 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! You will be able to wash clothes regularly.
- 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.

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
- Rain jacket/poncho or umbrella
- Handheld mirror
- Mosquito repellent w/ DEET
- Toilet paper (2 rolls) or disposable wipes

Guidelines for clothing

- On-campus/class clothes- You will be on a campus with 90% “cousins.” While you do not have to dress like them, you must dress more conservatively than you might be used to. You will also need to look relatively “put together” since you will be going to class. Think college campus, not tropical rainforest (even though campus is close to a rainforest). You must always cover your entire legs in public areas.
Guys: Short sleeve shirts are acceptable. If possible, try to pack some nicer collared shirts, as T-shirts are viewed more casually here.
Ladies: You can wear nice jeans, pants, or ankle-length skirts. Do not bring any sleeveless shirts to wear outside your room. For classes and spending time with cousin friends you will need to wear $\frac{3}{4}$ length or long sleeves. Some short sleeve shirts can be appropriate, but $\frac{3}{4}$ are better. None of your shirts should have a low neckline. Girls like to dress up on campus so prepare to look somewhat professional.
All: We can also go shopping here if we need to since it is hard to find modest clothes that are also good for hot weather 😊
- Casual clothes- very lightweight athletic pants and dry fit shirts/cotton t-shirts will be best for lounging around in an “all guys” or “all girls” setting. These clothes can also be used for sports.
- Swimming clothes – if you have an opportunity to swim, your friends will likely wear clothes or, for ladies, a full body “burkini” while swimming. Bring athletic clothes that are dark and wouldn’t be revealing when wet. Think river baptism or something like that. Additionally, you may have the opportunity to go full tourist in an area away from your campus. Bring a conservative swimsuit for this as well.
- Shoes – Bring one pair of casual flip flops, comfortable tennis/running shoes for exercise, sports, and outings, at least 1 pair of nicer sandals or closed toed shoes for class.
- Sports/exercise clothes – **Ladies:** Girls here will be wearing loose long pants (joggers ok, no tights or yoga pants) and long sleeve dry fit shirts to exercise and play sports. If you can find any tunic-length athletic shirts that are longer and cover more, this is a plus.
Guys: Even guys wear long pants during outdoor exercise, so please come prepared. It may be appropriate in some settings for guys to wear shorts while exercising, but you should have athletic pant options for sports most of the time. You should be able to get clothes like this from Target/Walmart for a reasonable price. The more conservatively you dress the less unwanted attention you will get when you are playing sports and exercising.