

Nehemiah Teams 2024

Korean Refugee

Packing List



Clothing:

- Daily ministry/church clothes: Daily ministry/church clothes: Jeans/pants/skirt with a collared shirt. It must be modest & nice. Nothing sleeveless or low cut. Skirt/dress should be about knee length. The shirt must be nice (no t-shirt). Bring at least 1 dress for church.
- Casual (Modest) Clothes: Should be clean & neat. All clothing should be modest, with no low necklines or short shorts. No crop tops that show your belly & nothing sleeveless. Shorts will rarely be worn in public.
- Underwear/Socks
- Sleep Clothes
- Swimsuit (see descriptions below)
- Shoes (see description below)

Other Items:

- Bible/journal
- *Spiritual Warfare* book (pre-field reading) <http://www.nehemiahteam.com/pre-field-preparation.html>
- Towels & Washcloth (Light, Quick-Dry is Best)
- Small Backpack/Tote for daily use
- Copy of Passport Picture Page (Pack this separately from your passport)
- List of Important Phone Numbers/Email Addresses/Mailing Addresses
- Camera
- Females - Bring your make-up with you
- Prescription Medicines
- Small umbrella – July is the rainy season
- Tampons, if you use them. They are available but can be more expensive.
- Pictures of Family, Friends to show
- Bring toiletries. You can buy additional personal items here - i.e. toothpaste, shampoo, soap, etc.
- Bring your own deodorant. They do sell Antiperspirant & Deodorant here but it is often too weak for the hot summer days.
- 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 should be able to wash almost every day.
- 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.

General Guidelines for Clothing:

- Seoul is a first world city. Slouchy, ragged or torn clothing is not appropriate. **Shirts and pants should be neat.** Korea traditionally remains a modest country when it comes to

dress, although younger people are changing fashion trends. For this team however, modesty is golden. For females, any shirt showing cleavage, tank tops & V-necks are unwelcome and inappropriate. Summers are quite hot and humid, and AC is sparse. Team members should not wear sleeveless shirts or sleeveless dresses. No tank tops for men or women. Skirts should reach the knee. No short-shorts (at least 5" inseam or longer). Tights or leggings can be worn under a dress but are NOT to be worn as pants with just a shirt.

- Shoes: Flip flops are discouraged on most occasions (free time and swimming are exceptions). Team members can wear sandals but they should have a strap around the back of the ankle. There will also be a lot of walking on this trip. Comfortable shoes are recommended for long walks. Tennis shoes are good.
- HOT! It will be hot & there is limited air conditioning. When planning clothing, chose fabrics that are lightweight.
- Any tattoos must be covered during teaching/ministry times.
- Hairstyles should be neat and professional. Men should be neatly shaved. If you have questions, feel free to contact us.
- No shirts that are tight fitting or expose the midriff. Shirts worn during personal time still need to look nice. Collared or Polo-style shirts are preferred for guys, although nice T-shirts are good, too.
- No military-type clothing or accessories.
- Girl's swimsuits should be very modest - i.e. a one piece or tankini. They should not have a low or V-type neck.
- 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.
- For more formal events, at least one button-down shirts and a pair of nice pants are advised.
- REMEMBER: If it isn't modest, then it isn't acceptable.

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