

Nehemiah Team 2022

Reaching the Unreached and Unengaged

Packing List



Clothing

- Comfortable flip flops...preferably rubber that can get wet.
- A pair of close-toed shoes or good walking tennis shoes or light-weight hiking shoes that can double as dress shoes. Keens or Chacos are good to have and can fit this category.
- Three pair casual long pants/Capri pants (quick dry are good)
- 1 pair of blue jeans
- 3 pair shorts (not too short for ladies)
- 7-8 T-shirts (Don't bring anything that has the name of a church on it.)
- 2-3 Collared shirts with short sleeves for men (polos are fine)
- 3-4 Blouse/dress short-sleeve shirts for women (no sleeveless)
- Conservative pajamas or sleep shorts (your restroom may be outside your house)
- Bathing suit (one piece or tankini for girls)
- For girls, a dark t-shirt and conservative shorts to go over your bathing suit.
- Hat or sunglasses
- Underwear/socks/sports bra

General guidelines for clothing

- Team members will generally wear long/capri pants & clean shirts.
- Sleeveless shirts are not permitted (This includes tank tops).
- Modest shorts can be worn in your home or at the beach.
- Girls: No "Sofee" shorts. Skirts should also reach the knee.
- Tight fitting pants/shorts/skirts are not permitted.
- Male team members should wear a shirt at all times.
- Female team members should wear dark colored clothing when bathing & swimming with nationals.
- No shirts that are tight fitting or expose the midriff.
- 3 pairs of pants and 6 shirts should be sufficient for everyday wear.

Other Important Items

- Your team will be issued a NT issued hiking backpack. When you travel to the UUPG your bag needs to be no heavier than 15 pounds.
- 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.
- Sea bands or Dramamine (for seasickness, some medication also available here)
- Flashlight/Headlamp
- Camera
- Pepto bismol tablets/Ibuprofen/Aspirin/Prescription medications (if you take them)
- Tampons, if you use them (hard to find here, but pads are readily available)
- Backpack or "beach bag" for daily use

- Wash cloth & Bath Towel (camping towel that is lighter weight and dries faster than regular towel)
- Bible/Journal
- *Spiritual Warfare* book (pre-field packing list) <http://www.nehemiahteam.com/pre-field-preparation.html>
- 6 photocopies of passport picture page (kept somewhere other than with passport, like in your checked luggage)
- Bug repellent (just get a small bottle, b/c you can get more here. If you are allergic to DEET, then bring your own.)
- Sunscreen – you're on the equator – you're going to need this.
- Deodorant (other toiletries like soap, toothpaste, shampoo are readily available here in small quantities that are great for traveling)
- Pictures of your family to show others here
- List of important phone numbers/e-mail addresses
- Bring your required field money in crisp \$100 or \$50 bills (if bringing cash)
- \$200.00 optional spending money or ATM card to access spending money
- 1 set single bed sheets to sleep on with a sleeping mat

Gifts to bring to give away

- Card games: Uno, Skipbo, Playing cards, etc.
- Children's books in English (used books are fine)
- Small toys/stickers/candy to give to children (hard candy, blow pops, etc.)

Food Items

- Your favorite breakfast items for the entire summer: granola bars, instant oatmeal, cereal bars, pop tarts, etc. Locals will eat rice for breakfast so these things are not readily available. Ramen noodles are readily available here.
- Snack foods such as: peanut butter crackers, snack size Chex mix, trail mix, etc.

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

There will be a place to store any items you leave behind for the summer.