

Nehemiah Teams

Bridge the Gap Packing List



Clothes:

- Socks
- Underwear
- Comfortable flip flops
- Comfortable walking shoes for ministry – I usually wear vans or sneakers
- T-shirts for ministry
- Men must wear pants day to day (lightweight are more comfortable)
- Sports - Shorts are only acceptable for sports or around the house (about knee length)
- Shorts - T-shirts for sports (no sleeveless shirts for guys)
- Shorts – athletic shoes for soccer or basketball or running
- Church - Comfortable collared shirt or polo w/ Khakis or chinos, Closed toed shoes – I usually wear sperry's or vans
- Bathing suit – we will go to the beach for a sabbath day
- Jacket – June and July are our winter months. The day can be about 70 degrees and at night the temperature can drop to around 48 degrees. It is possible we will do some camping and need warmer clothes for the night.

General Clothing:

- Male team members will wear long pants and shirts during ministry activities such as Bible studies, evangelism, mapping the city, etc.
- Shorts and sports clothing are for use during sports related ministry activities and relaxing at home
- Bring enough sets of pants and shirts so that you can go several days without washing (maybe 4)
- For ministry we will be walking a lot, wear comfortable shoes
- No military-type/camouflage clothing or accessories (it is illegal to wear camouflage unless you are in the military)
- No religious affiliated clothing (don't have a cross or bible verse on a t-shirt)
- If you are not sure if something would be appropriate, please ask your supervisor before coming, or just choose to leave it at home

Toiletries and Medications:

- You can buy most personal hygiene items here to lighten your load in packing: shampoo, soap, toothpaste, etc But BRING deodorant, it is VERY difficult to find
- Prescription medications (if you take them). Bring them in the prescription bottle WITH the prescription from your doctor.
- Bring your own over the counter medicine – we do not have good access to over the counter drugs

Electronics

- Headlamp/flashlight (bring your own batteries)
- Watch with alarm or battery-operated alarm clock

- Camera with batteries/ charger
- Plug adapters can be bought locally.

Misc.

- Bible and journal
- Hat
- Sunglasses
- Sunscreen
- Mosquito repellent w/ DEET
- Sturdy water bottle
- Leave extra room for souvenirs!
- A photocopy of your passport picture page (store it in a different place than where you store your passport)
- If you like to snack on granola bars, BRING THEM, we do not have good granola bars
- Be sure to pack what you would need to survive for a few days in your carry on in case your luggage is delayed. Use a backpack as a carry-on as this will be helpful during your time for day trips.
- Nehemiah Teams will issue a backpack/duffle bag 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 into this bag. There will be a place to leave your bag over the summer. If you can't get it all in that... then you've got too much! Laundry facilities will be available in the housing and hand washing is another option.
- You can buy additional personal hygiene items here to lighten your load in packing: shampoo, soap, toothpaste, etc.
- If you are asked by your field supervisor to bring equipment or personal items for them, these can be packed in a 2nd piece of checked luggage. Good idea to pack this as a team once you arrive at orientation.
- Leave extra room in your suitcase for souvenirs, especially if you are a coffee or tea lover.

Finances

- You should bring a debit card and a credit card. I can use my credit card most places but you will end up needing to take out cash from an atm frequently as well.
- Each debit card and credit card has their own international policies, be familiar with what fees they will or will not charge.
- If you need cash, you can Venmo me and then I will give you cash
- About 3 weeks before you travel, it would be good to notify your bank and credit/debit card companies that you will be in Mozambique, so that when they see charges from here they won't freeze your card. Then, you should probably call again a day or two before you leave just to confirm.
- As for US dollars, each person should bring about \$50 USD just in case

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
- Basic personal first aid kit