

## Nehemiah Teams

### College Connections Packing List



#### Clothing

- Daily ministry clothes:

Men: While working in the community, pants are required. Nice t-shirts are fine for everyday ministry. Collared shirts such as polos for the Cross-Cultural exchange and church are preferred.

Women: While working in the community, pants/long skirts/dresses are required. Also, shirts with sleeves to the elbow or longer are appropriate.

*Consider what type of clothing is most comfortable for you to wear in a hot and humid climate. Dry-fit or a thin type of material is recommended.*

- Casual/free time clothes: Shorts and t-shirts are okay for personal time in the city. Keep it reasonable - no short shorts, sleeveless shirts, or t-shirts with inappropriate images or language.

- Underwear: Thick, cotton underwear is not practical in this part of the world. If you are able, investing in some moisture wicking/dry-fit fabric underwear will allow you to be much more comfortable.

- Sunglasses and hat: Again, this is a tropical climate and is very sunny and hot. Just think of perpetual summertime!

- Swim attire:

Men: Board shorts or swim trunks. Although it is okay to swim shirtless, you may feel like the culturally appropriate thing to do is to swim in a shirt. A swim shirt or dry-fit t-shirt will suffice. No Speedos.

Women: Shorts worn over leggings with a swim shirt or dry-fit t-shirt. No one piece or two-piece bikinis unless the above is worn over them.

- Rain jacket (or umbrella): You will almost certainly get caught in the rain at some point.

- Shoes: Bring some comfortable tennis shoes as you will be on your feet a lot. You will also be playing sports & possibly hiking. You may also want to bring sandals. It rains a lot, so consider shoes that dry fast or are just generally good in the rain. In this city and culture, sandals are pretty much always appropriate. Also, you will have to take off your shoes to enter homes and some businesses.

- Athletic/workout clothes: You will most likely be taking part in sports/outdoor activities. For these sports activities have athletic shirts, joggers, and athletic sneakers. Shorts are ok to wear in the gym if you like to work out.

- Socks: You do not wear shoes indoors. When you go to someone's home (and even some businesses) you will remove your shoes. If you do not like being barefoot, make sure you wear socks (although preferably not with sandals).

#### Additional items:

- Deodorant: Bring good deodorant. Although it is available here, it is more difficult to find deodorant with antiperspirant like you are probably used to. All other personal hygiene products are easy to find here.

- Medications: Bring any medications that you require.

- Backpack: You will need a backpack for daily use to carry your things around the city.

- Water bottle: You will want a refillable, personal water bottle. As stated before, it is very hot here and staying hydrated is very important. Something like a Hydro Flask that keeps water cool is nice, but not required. A plastic bottle is sufficient.

- Bible/journal
- ID other than passport: driver's license or student ID
- Photocopy of passport
- You can buy additional toiletry items here to lighten the weight of your luggage: shampoo/conditioner, body wash, toothpaste, etc

#### Luggage:

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 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