

Nehemiah Teams Creative Team



Packing List + What to Wear

Packing List for Luggage

- + Passport (with an extra copy of the picture page in each bag)
- + Mosquito Repellant
- + Sunscreen
- + Hand Sanitizer
- + Camera (optional)
- + Laptop (if you will be doing creative work)
- + Electrolyte tablets or drink mix (especially if prone to dehydration) (optional)
- + Toiletry items (Feminine products, make-up, etc)
- + Voltage converter (Please note: Thailand uses 220V. Most phone chargers and computer chargers will work on 220V without a converter. However, most appliances like hair dryers or hair straighteners will not work. You will need a voltage converter that handles the appropriate amount of wattage for your appliance.)
- + Sandals or shoes that are easy to take on and off and that can get wet & dirty
- + Breathable, modest clothes (See “What to Wear” section below)
- + Nicer outfit for church
- + Water bottle
- + Small bag/bookbag/purse to carry wallet & water bottle
- + PJs
- + Rain Jacket
- + Gum, Snacks and/or breakfast bars to eat during travel here
- + Room in luggage for souvenirs
- + Sunglasses
- + Swimsuit
- + Bible, journal, pen

Carry On & Checked Luggage

- + 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 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.

Packing List for Carry-on

- + Airline ticket, Passport and copy of the first page of your passport, copy of emergency contact information
- + Bible
- + Spending money
- + Change of Clothes
- + Contact lenses, solution, glasses
- + Camera (optional)
- + Major credit card or debit card (optional)
- + A few snacks
- + Medications: prescription, over-the-counter (Aspirin, Tylenol, Tums, Pepto Bismol, etc.)

If you are in the city or in tourist areas, it is fine to wear casual clothing like shorts or t-shirts. Outside of the city/in non-tourist areas it is polite for knees and shoulders to be covered at all times. Shorts will not be allowed at schools, temples, churches, or out in rural villages. Please bring light color and light weight, breathable clothes that will keep you cool.

What to Wear: Guys

- + Longer, around knee length shorts (off time)
- + Breathable pants
- + Nice, breathable shirts

What to Wear: Girls

- + Shorts are acceptable in the city/around tourist areas (off time)
- + Pants: flowy pants, breathable jeans, skirts, leggings if you wear a long shirt that completely covers bottom
- + Nice, breathable shirts (no tank tops)
- + Modest, breathable dresses (at least knee length)

Make sure all clothes have tags off of them and don't bring any expensive items.

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