

## **Nehemiah Teams 2024**

### **Southern Thailand Fun English Teaching**

### **Packing List**



#### **Clothing:**

- Daily ministry/church clothes (see descriptions in bullets below as well as more details down below)
  - Some situations on the university campus and at church will require more professional outfits. Please bring at least 2 professional outfits for going on a university campus (girls: skirts & shirt or dress; guys: black or khaki dress pants with a shirt that has a collar- can be polo or button-down short sleeve shirt). It must be modest and nice. Nothing sleeveless or low cut. The skirt/dress should be about knee length. The shirt must be nice (no t-shirt). It's best to have fabric that doesn't wrinkle because an iron is not provided. Thai University students wear uniforms so we must dress politely also.
  - In some situations, like teaching at the English center, pants or capris and a t-shirt will suffice. Please bring a couple pairs of jeans/pants/capris.
- Casual Clothes for other times – casual clothes should be clean and neat. All clothing should be modest, meaning no low necklines or short shorts. T-shirts and longer shorts are fine at times. No crop tops that show your belly & nothing sleeveless.
- Underwear/bras- it's very hot here so you will sweat a lot. I would bring a good supply of both.
- Sleep Clothes- comfortable
- Swimsuit—modest (1 piece). Most of the time will need to wear a t-shirt over it. It's also a good idea to wear running shorts on top of this in most situations.
- Shoes—comfortable sandals/shoes to wear with your nice clothes. While teaching, shoes must have some kind of back/strap. You can also wear nice tennis shoes with it. You will be walking a lot. Can have flip flops for casual days and tennis shoes for exercise if desired.
- Workout Clothes – modest longer shorts, no tank tops

#### **Other Items:**

- Bible/journal
- Additional ID other than Passport (i.e. Driver's License/Student ID)
- Small Backpack/Tote for daily use
- Xerox copy of Passport Picture Page (Pack this separately from your passport)
- List of Important Phone Numbers/Email Addresses/Mailing Addresses
- Bring your make-up with you if you use it
- Prescription Medicines and cold/allergy medicine if you struggle with that
- Tampons, if you use them. They are not readily available here.
- Pictures of Family, Friends, and hometown/home to show
- You can buy additional personal items here to lighten the weight of your luggage - i.e. toothpaste, bug spray, shampoo, soap, etc.
- Bring your own deodorant. They don't sell much here.

### **General Guidelines for Clothing:**

- Clothing varies by people group in the Songkhla province. Both Buddhists and Muslims in our area value conservative dress. At times where we may be teaching at the university or a school, we want to make sure we dress a bit nicer like the students and teachers as mentioned above.
- Shoes: Girls can wear nice sandals or dress shoes while teaching on a university campus or at a local school. Guys can wear tennis shoes or nice sandals. Flip flops can be worn during personal/casual time. Tennis shoes for exercise/sports activities.
- Girl's swimsuits should be very modest - i.e. a one piece. Thai people usually wear a t-shirt and shorts over the swimsuit. If you happen to go to the beach in Songkhla with local friends, people tend to wear more conservative shorts and a t-shirt.
- If you are not sure if something would be appropriate, please ask your local supervisor before coming.

### **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), lightweight blanket/sleeping bag
- 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

### **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 bag is included in your field expense. Upon arrival at orientation, you will repack 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 stuff. You will be able to wash almost every day (you will learn to wash by hand).
- 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.