

# Nehemiah Teams

## Kampala, Uganda



### **Clothes:**

- Socks
- Underwear
- Comfortable walking shoes for ministry – like Tevas, Chacos or walking/running shoes
- T-shirts for ministry
- Females must wear at knee or below skirts/dresses when out in community for ministry or at Sunday worship
- Shorts are acceptable for sports or around the house (too short not good; must be appropriate length)
- Bathing suit
- Rain Jacket
- 1-2 long sleeve shirts for any rare cool nights

### **General Clothing:**

- For ministry we will be walking a decent amount, wear comfortable shoes
- No military-type/camouflage clothing or accessories (it is only worn by the military)
- 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 all personal hygiene items here to lighten your load in packing: shampoo, soap, toothpaste, etc. But, your preferred brand might not be available.
- Prescription medications (if you take them). Bring them in the prescription bottle WITH the prescription from your doctor.
- You can buy over the counter medicine here in Kampala

### **Electronics**

- Plug adapters can be bought locally.

### **Misc.**

- Bible and journal
- Hat
- Sunglasses
- Sunscreen
- Mosquito repellent
- 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 drink packets (Gatorade, Sunny Delight, etc) bring them because you can't find them here

- 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 2<sup>nd</sup> 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.

### **Luggage**

- 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 your housing.

### **Orientation/Debrief**

- 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

### **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 use your debit card to withdraw money but know your institutions international withdraw fees and notify your debit and credit companies the dates you'll be in Uganda.
- You can also exchange clean, crisp and non-marked \$50 and \$100 bills at the local currency exchange. The bills must be the latest version/design.
- As for US dollars, each person should bring about \$50 USD just in case even if you don't plan on exchanging it for Ugandan shillings