

Nehemiah Teams Packing List Trekking & Refugee Team



Clothing

- 2-3 pairs of hiking pants
- 3-4 pairs of hiking shorts
- 5-6 t-shirts preferably polyester
- 2-3 long sleeve shirts, polyester
- 6-7 pairs of underwear
- 6-7 pairs of socks including hiking socks
- sleep clothes
- 1 rain jacket
- 1 fleece jacket
- 1 lightweight down jacket (packable) can be purchased in Kathmandu
- 1 pair medium weight gloves.
- One hat (baseball cap or wide brim)
- 1 warm hat or head band
- Sunglasses
- One pair hiking shoes/boots
- One pair comfortable walking/hiking shoes (closed toe)
- 1 pair slippers or sandals/flip flop
- head buff or bandana
- 1 pair work gloves (leather or polyester)
- May prefer to bring a lightweight sleeping bag. Local blankets and bedding will be provided on trek and in refugee camp.
- One 65 Liter Trekking Backpack (provided by Nehemiah Teams)
- Team members may prefer to also bring a small lightweight bag for days in camp/city when they don't need the large bag.

Climate on mountain trek will be cooler and possibly encounter snow and wind. Climate in refugee camp will be hot and humid with rain likely. Clothes must accommodate both areas. Plan on wearing items multiple days on 10-11 day trek.

Personal Toiletries and Basic First Aid

- prescription medicines
- Sunscreen
- Meds for upset stomach
- Insect repellent/bug spray
- Deodorant
- Toothpaste, shampoo/conditioner, soap, lotions,
- Personal travel/quick drying towel
- Small personal first aid kit

Other Items

- Bible
- Water bottle & water reservoir for hiking
- Headlamp

Important Documents and Money

- Passport, credit card, and cash.
- ATMs are available but only in the city. They will charge a fee depending on your bank. Not all ATMs are reliable. It is more reliable to exchange cash, bring in USD. Only brand new \$100 bills with no folds, creases, or markings are acceptable.

- Additional photo ID other than passport (drivers license/student ID/etc). Make several photocopies of your passport to put in your checked baggage and carry extra copies of your passport with you.
- Additional copies of your insurance information that clearly states you have coverage.

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 (optional)
- Mosquito repellent w/ DEET
- Toilet paper (2 rolls) or disposable wipes