

NT4Teens 2024

Philippines (Girls)

Packing List



Clothing:

- Ministry clothes (lightweight pants/capris/skirts with clean shirt) 3 bottoms, 4 tops. You'll get a team shirt at orientation. You should bring at least one non t-shirt.
- underwear, socks
- sleep clothes (shorts & t-shirt are fine)
- swimsuit (1-piece modest or tankini) & towel. You will not be allowed to wear a bikini even with a cover-up.
- Board shorts (7" inseam) & t-shirt to wear over swimsuit while swimming
- closed-toe shoes or sandals for ministry (no flip-flops)
- shorts (7" inseam) for day off & around the house (shorts should be within 2" of the knee when standing. No "Sofee" or running shorts to be worn in public)

Other important items:

- Bible/journal
- *Spiritual Warfare* book (pre-field reading list item) <http://www.nehemiahteam.com/pre-field-preparation.html>
- Additional ID other than passport (drivers license/student ID/etc)
- bedding (self-inflating sleeping pad, sheet, pillow)
- towels & washcloth (light, quick-dry is best)
- personal eating utensils: plate, cup, bowl, spoon/fork (used on field)
- sturdy water bottle (at least 1 liter capacity)
- xerox copy of passport picture page (pack separately from passport)
- list of important phone numbers/email addresses
- sunscreen/sun block/hat
- lightweight rain jacket/umbrella (optional)
- camera (optional but you won't have your personal cell phone to use)
- insect repellent
- hammock (optional)
- prescription medicines/basic personal first aid kit (pain reliever, Benadryl, Neosporin, etc.)
- flashlight/headlamp (additional batteries available locally)
- pictures of family & friends to show
- small gifts to give away (candy, stickers, etc.)
- small-medium sized backpack (carry-on size) to use on a daily basis

Foodstuff:

- We suggest bringing some of your favorite breakfast items: granola bars, instant oatmeal, protein bars, etc.
- If you have specific questions about available foods, just ask.

Packing information:

- All students will be issued a 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. If you can't get it all in that... then you've got too much! You will be able to wash almost every day (you will be washing by hand). You will get this bag upon arriving at

orientation & repack your belongings. There will be a place to leave your original suitcase at the training site with any items you want to leave behind.

- You can buy additional personal hygiene items locally to lighten your load in packing: shampoo, soap, toothpaste, etc

General guidelines for clothing:

- Team members will wear pants/skirts & clean shirts during ministry time.
- Sleeveless shirts are not permitted for guys or girls. (This includes tank tops)
- No military-type clothing or accessories.
- If you are not sure if something would be appropriate, please ask your local supervisor before coming or just choose to leave it at home.
- Body piercings (other than regular ear piercings) are usually associated with drug users. Please remove these before you come.
- Girls must wear shorts & t-shirt over swimsuit when swimming

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