

# **Nehemiah Teams 2024**

## **Dar es Salaam, Tanzania**

### **Packing List**



#### **Clothing**

##### **Ladies:**

- \*Ankle length skirts when out in the community
- \*You can also wear slacks/jeans around the neighborhood if you wear a wrap over them (wraps can be purchased on field)
- \*Modest shirts – short sleeved is okay but NO sleeveless and NO cleavage
- \*Shorts are acceptable only in your house (but you will still need to be prepared to throw a wrap on in case you have a visitor)
- \*Shoes – anything goes, just wear what's comfortable
- \*Bring a swimsuit
- \* No t-shirts with American flags or logos, etc. and no mission trip t-shirts

##### **Guys:**

- \*Jeans or slacks when out in the community
- \*Shorts are acceptable in your house or at the beach
- \*No t-shirts with American flags or logos, etc. and no mission trip t-shirts

#### **Toiletries & Medication**

- \*Deodorant, toothpaste, soap, shampoo, etc. If you forget or run out of something, these items are available here
- \*Medicines – Tylenol, creams, band-aids, and other over-the-counter drugs are available locally
- \*If you use certain prescription meds, bring enough with you for your entire stay here
- \*Malaria is an issue here. **Follow your doctor's advice regarding prophylaxis options.**

#### **Electronics**

- \*Don't bring a hair dryer from the US. They almost always burn out. I have an extra one that the girls can borrow.
- \*Most electronics now work on dual voltage. Plug adapters can be bought locally.
- \*You do not need to bring a converter.

#### **Misc.**

- \*Bible
- \*Snack foods – trail mix, granola bars, etc.

#### **Banking Information**

- \*You should bring an ATM/Debit card and a credit card. We use our credit card almost everywhere except small local shops where you will need cash.
- \*About 3 weeks before you travel, it would be good to notify your bank and credit/debit card companies that you will be in Tanzania, so that when they see charges from here they won't freeze your card. Then, you should probably call again a day or two before you leave just to confirm.
- \*As for US dollars, each person should bring a new \$100 bill just in case.

**Packing information:**

- 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. You will get the bag upon arrival at orientation and re-pack your belongings for the summer. There will be space to store your personal bag & any extra items you choose to leave behind during the summer. 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 can buy additional personal hygiene items locally 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.

**General guidelines for clothing:**

- Team members will wear long pants & clean shirts during ministry time.
- No military-type clothing or accessories.
- If you not sure if something would be appropriate (especially if you're in a very conservative culture) please ask your local supervisor before coming or just chose to leave it at home.

**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 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