

REFUGE PACKING LIST



AT THE AIRPORT

- Wear your HumanitarianXP Shirt
- HumanitarianXP Cotopaxi Gear
- Passport
- Sleep aids (e.g. eye masks, ear plugs, neck pillow)
- HXP Builder Handbook (booklet you received in your packer) and pen
- Temple Recommend
- 1 Durable/reusable water bottle
- Flight Confirmation
- Copy of any doctor's prescription medicine
- Reading Materials (optional)
- Travel size scriptures (remember you won't have your phone)
- Hand sanitizer



YOUR CARRY-ON

- 2 outfits / 2 pairs of underwear
- Swimwear / cover-up
- Light Jacket/ sweatshirt
- Personal Hygiene products
- Sleepwear
- 1 towel (light, can dry easily)
- A couple of snacks
- Camera (optional)
- Sunglasses
- Hiking / walking shoes
- Biodegradable sunscreen / insect repellent
- Any prescription needed



DO NOT BRING

- Laptops, Ipads, or Ipods
- Videogames/ nintendo switch
- Apple / smart watches
- Expensive clothing, jewelry or watches



BASICS

- Shampoo / conditioner / soap / razor
- Toothbrush / toothpaste / floss
- Deodorant
- Hairbrush
- 1-2 Towels (shower and beach)
- Lotion/ chapstick
- Feminine hygiene products (if applicable)
- Student ID
- Flashlight / headlamp
- Inexpensive, durable watch (remember you will not have your phone)



MEDICAL

- Biodegradable sunscreen
- Bug spray
- Hand sanitizer /wet wipes/ Aloe Vera
- Finger nail clippers / tweezers
- Allergy medication (if needed)
- Glasses/contacts/ solutions (if needed, make sure to bring extra)
- Small personal first aid kit
*HumanitarianXP will provide an advanced First Aid Kit on every trip



OPTIONAL ITEMS

- Camera & charger (remember you will not have your phone)
- Small Musical Instrument you can play (talent show/ devotionals)
- Compact games (e.g. card games)
- Compact outdoor games (e.g. frisbee)
- Universal Adapter
- Copy of Patriarchal Blessing



REMINDER ***You will have the option to do laundry once during your trip.

This packing list includes our suggestions for what we think Builders should pack. You know yourself better than we do. Consider what you personally will need to bring to be comfortable on your trip.

[CLICK HERE FOR OUR AMAZON FINDS](#)



CLOTHING

WORKSITE

- 5-7 Shirts (can get ruined, a long sleeve may be recommended)
- 3-5 pairs of lightweight, long pants (no capris, leggings or shorts allowed on the worksite)

Shoes (must cover entire foot, will get ruined) We

- strongly recommend bringing rubber boots for working in mud, cement, and all weather types.
- 2 Bandanas and/or hats
- 2 pairs of thick work gloves
- 1 Hard Hat (construction hat)

EVENING ACTIVITIES

- 5-6 casual shirts
- 2-3 pairs of pants / belt
- Comfortable walking shoes
- Athletic wear (for a sports activity)
- Light jacket/ sweatshirt/ rain jacket/ poncho

SUNDAY CLOTHING

- Men: 1-2 White shirt, tie, slacks, shoes
- Women: 1-2 knee length skirt/ dress, shoes

EVERYTHING ELSE!

- Sleepwear
- 10-12 pairs of socks
- 16 day supply of underwear
- 1 swimsuit
- Swimsuit coverup
- Sunglasses
- Flip-flops (to use while showering)
- 2 trash bags for dirty clothes

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WORKSITE TOOL

You will be required to bring a specific tool to use on the worksite.

Your Trip Leaders will send a message through GroupMe a couple weeks before your trip notifying you of the required tool. (Examples of possible tools include: hammer, trowel, wrench, paintbrush, etc.)

Please do not contact HumanitarianXP regarding worksite tools.

BAGGAGE SPECS

Maximum baggage allowance is listed on your Builder Portal. HXP advises that you bring 1 checked bag and 1 back-pack or duffel-bag as your carry on (so pack light!)

LOCATION SPECIFIC

CHECK OUT YOUR LOCATION SPECIFIC PACKING LIST [HERE](#)

You can use the template below to write down any additional things you may need for your specific location!



SNACKS

One of the best things about traveling is being able to try new foods. Be open to expanding your taste buds! You may want to pack the snacks you love to ensure you are always happy and full!

While our food providers can work with dietary restrictions, options may be limited. Plan accordingly.

Snack Suggestion:

Trail mix, fruit snacks, granola and/or protein bars, peanut butter, nutella, crackers, dehydrated fruit, mini cereal boxes and **electrolyte substitutes/flavoring** to add to your water.