

SUMMIT JERUSALEM PACKING LIST

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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



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

DO NOT BRING

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



CLOTHING

DAY WEAR

- 6-8 casual shirts
- 4-6 pairs of pants / belt
- Comfortable walking shoes
- 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



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.

