

# BUILD CAMBODIA PACKING LIST

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## AT THE AIRPORT

- Passport
- Wear your HXP Shirt
- HXP Cotopaxi Gear
- HXP Builder Handbook (booklet you received in your packet) and pen
- Temple Recommend
- 1 Durable/reusable water bottle
- Copy of any doctor's prescription medicine
- Reading Materials (optional)
- Travel size scriptures (remember you won't have your phone)
- Hand sanitizer
- Sleep aids (e.g. eye masks, ear plugs, neck pillow)
- Pen
- Printed flight information
- Printed copy of Passport Bio page
- Printed copy of Builder Notarized form
- Debit Card (or cash) for currency exchange



## YOUR CARRY-ON

- 2 outfits / 2 pairs of underwear
- Swimwear / cover-up
- Light Jacket/ sweatshirt
- Travel-sized 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
- Fingernail clippers / tweezers
- Any 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)
- Copy of Patriarchal Blessing



## 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 likely 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/a 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
- 12-15 pairs of socks
- 16 day supply of underwear
- 1 swimsuit
- Swimsuit coverup
- Sunglasses
- Flip-flops (to use while showering)
- 1-2 trash bag for dirty clothes



## REMINDER

You will have the option to do laundry once during your trip at your own cost.

## WEATHER

Cambodia is hot and humid (average temperatures of 76-87 degrees Fahrenheit). You will want to pack light and breathable clothing, especially for the worksite. Athletic pants and shirts are recommended. Be aware that you will sweat a lot, so consider what color of clothing to wear if you don't want to show it.

Rainy/Monsoon Season is between May - October, September being their wettest month, so expect some sporadic rain. A light rain coat is recommended.

## MEDICATIONS/VACCINES

*Your location does not have any required vaccines or medications. We encourage every Builder to look at the CDC website for the recommended vaccines for the location they are traveling to. Review them and talk with their doctors/travel clinic to decide if you want any additional vaccines!*

## DO NOT BRING

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

## LOCATION SPECIFIC

**These are items that your trip planner has stated are necessary for your specific trip. We definitely recommend you bring the following:**

- |  |                          |
|--|--------------------------|
| <input type="checkbox"/> Cash for airport food, or snacks for the airport  | <input type="checkbox"/> |
| <input type="checkbox"/> Ibuprofen or Tylenol  | <input type="checkbox"/> |
| <input type="checkbox"/> Chafing cream   | <input type="checkbox"/> |
| <input type="checkbox"/> Comfortable hiking shoes are recommended You will have excursions where you are walking around ruins! | <input type="checkbox"/> |
| <input type="checkbox"/> You'll likely want a separate pair of clean clothes for airport travel after the trip is finished.    | <input type="checkbox"/> |
| <input type="checkbox"/>   | <input type="checkbox"/> |
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## 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!)



## 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.**



## DRESS CODE

We don't have a drop-dead clothing regulation—across all of our trips, we want to make sure Builders are comfortable doing all activities they will participate in and that we are being respectful of the people and cultures that we are interacting with.

On the worksite, we ask that Builders wear long pants and short to long sleeve shirts for safety purposes Extra clothing coverage is great for protection while on the worksite.

Our biggest thing with swimsuits is we do a lot of active stuff, so just make sure Builders pick a suit they are comfortable running, swimming and doing water activities in.

## REMINDER

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.