

BUILD GUATEMALA 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



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
- Sandals with a strap for rafting/hiking
- Biodegradable sunscreen / insect repellent
- Any prescription needed

REMINDER

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



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



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 you carry on (so pack light!)



WEATHER

High of 66, low of 50. Rainy.



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:

- Rain jacket or poncho
- Water shoes (Chacos, Tevas, etc.)
- Sweatshirt (the city is at a high elevation, making the temperature cooler than most of the other parts of Guatemala!)
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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.

The culture in Guatemala regarding Sunday dress is different from what we are used to in the U.S.. For boys, the expectation is a white dress shirt, tie, pants, and dress shoes. We have been asked that boys do not paint their nails. Girls should wear dresses (or skirts) that cover the knee.



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.