

SUMMIT JERUSALEM 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
- 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
- Laundry soap for handwashing clothes
- Small fan (it gets *really* hot!)

- Small travel size hymn book
- Sandals with a strap (like Chacoos)
- Small backpack/pull string bag
- Personal Journal
- Universal Adapter



CLOTHING

DAILY ACTIVITIES

- 9-10 casual shirts (at least 2 need to be long sleeved)
- 8-9 pair of lightweight, long pants
- Closed-toed shoes
- 1-2 pairs of knee-length shorts
- Comfortable walking shoes
- Athletic wear (for a sports activity)
- Light jacket/ sweatshirt

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, if you would like!



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!)



WEATHER

HOT and dry. 80-90° F



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:

- Debit card/cash (make sure to tell your bank you're traveling!)
- Liquid IV/Electrolytes
- Bandana/Sun Hat
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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.



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 Pro Tips:

We dress conservatively to blend in with the Middle-Eastern culture of Jerusalem. Dressing modestly and conservatively also keeps us safe. Plan on wearing modest, loose-fitting clothing. T-shirts and blouses must come at least to your collarbone and with sleeves that come closer to your elbow than your shoulder. You will need a long sleeve shirt in certain locations as well. Pants must come to your ankle. Skinny pants and leggings are not allowed. For girls, dresses must come to the collarbone and cover shoulders as well as reach well below the knee. Jeans are acceptable, but must not be torn or worn out. You can wear knee-length shorts to cover your swimsuit in limited situations, but for the most part, you will wear ankle-length pants or skirts in public.

Wide-brimmed hats are encouraged to protect your face and neck from the sun.

Avoid clothing with slogans, political statements, American flags or recognizable American logos.

Following these guidelines will help us blend in with the culture and keep us safer as a tour group. We will also connect with the culture better. The locals will be more comfortable and grateful for respecting their standards of dress and grooming.