# **BUILD NEPAL** PACKING LIST

### **CLICK HERE FOR OUR AMAZON FINDS**

## 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)
- $_{\Box}$  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**

- $\square$  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 vou 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  $\ \square$  12-15 pairs of socks 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**



- 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
- $\Box$  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

- □ 16 day supply of underwear
- 1 swimsuit
- Swimsuit coverup
- □ Sunglasses
- $\Box$  Flip-flops (to use while showering)
- $\square$  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 your carry on (so pack light!)

#### WEATHER

Nepal is fairly warm all year round. Expect highs of mid-80's!

#### **MEDICATIONS/VACCINES**

It is required for you to have the COVID-19 vaccine to enter Nepal. 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

 $\Box$  Apple / smart watches

🗌 Expensive clothing, jewelry

# **©LOCATION SPECIFIC**

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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.

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

	Rain jacket or poncho	
	Rain boots	
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.