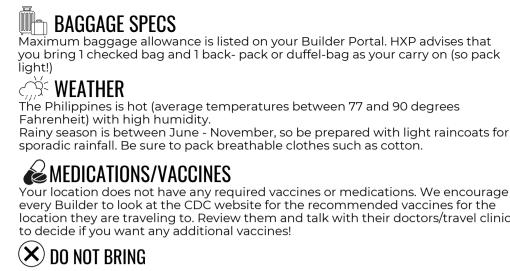
BUILD PHILIPPINES PACKING LIST

CLICK HERE FOR OUR AMAZON FINDS

AT THE AIRPORT	BASICS	CLOTHING	
□ Passport	☐ Shampoo / conditioner / soap / razor	WORKSITE	
☐ Wear your HXP Shirt	$\ \square$ Toothbrush / toothpaste / floss	recommended)	
☐ HXP Cotopaxi Gear	□ Deodorant	☐ 3-5 pairs of lightweight, long pants (no capris,	
HXP Builder Handbook (booklet you received in your packet) and pen	☐ Hairbrush	leggings or shorts allowed on the worksite)	
☐ Temple Recommend	\square 1-2 Towels (shower and beach)	Shoes (must cover entire foot, will likely get ruined) We strongly recommend bringing	
$^\square$ 1 Durable/reusable water bottle	☐ Lotion/ chapstick	rubber boots for working in mud, cement, and all weather types.	
$^\square$ Copy of any doctor's prescription medicine	☐ Feminine hygiene products (if applicable)	•	
$_{\square}$ Reading Materials (optional)	☐ Student ID	☐ 2 Bandanas and/or hats☐ 2 pairs of thick work gloves	
Travel size scriptures (remember you won't have your phone)	☐ Flashlight / headlamp		
☐ Hand sanitizer	☐ Inexpensive, durable watch (remember you will not have your phone)	☐ 1 Hard Hat (construction hat) EVENING ACTIVITIES	
☐ Sleep aids (e.g. eye masks, ear plugs, neck pillow)	\bigcirc	□ 5-6 casual shirts	
□ Pen	→ MEDICAL	☐ 2-3 pairs of pants/a belt	
□ Printed flight information	☐ Biodegradable sunscreen	☐ Comfortable walking shoes	
	☐ Bug spray	☐ Athletic wear (for a sports activity)	
□ Printed copy of Passport Bio page	$\ \square$ Hand sanitizer /wet wipes/ Aloe Vera	☐ Light jacket/ sweatshirt/ rain jacket/ poncho	
□ Printed copy of Builder Notarized form	☐ Fingernail clippers / tweezers	SUNDAY CLOTHING	
M YOUR CARRY-ON	☐ Any medication (if needed)	☐ Men: 1-2 White shirt, tie, slacks, shoes	
2 outfits / 2 pairs of underwear	☐ Glasses/contacts/ solutions (if needed, make	☐ Women: 1-2 knee length skirt/ dress, shoes	
□ Swimwear / cover-up	sure to bring extra)	EVERYTHING ELSE! Sleepwear	
☐ Light Jacket/ sweatshirt	 Small personal first aid kit *HumanitarianXP will provide an advanced First 	☐ 12-15 pairs of socks	
☐ Travel-sized Personal Hygiene products	Aid Kit on every trip	☐ 16 day supply of underwear	
Sleepwear	ODTIONAL ITEMS	☐ 2-3 swimsuits	
□ 1 towel (light, can dry easily)	Server & sharrow (response here year will not be use	☐ Swimsuit coverup	
☐ A couple of snacks	 Camera & charger (remember you will not have your phone) 	□ Sunglasses	
Camera (optional)	☐ Small Musical Instrument you can play (talent	\square Flip-flops (to use while showering)	
□ Sunglasses	show/ devotionals) Compact games (e.g. card games)	$_{\square}$ 1-2 trash bag for dirty clothes	
☐ Hiking / walking shoes	☐ Compact outdoor games (e.g. frisbee)		
□ Biodegradable sunscreen / insect repellent□ Any prescription needed	☐ Copy of Patriarchal Blessing		



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

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☐ Laptops, Ipads, or Ipods
$\ \square$ Videogames/ nintendo switch
$\ \square$ Apple / smart watches
Expensive clothing, jewelry

following:

© LOCATION SPECIFIC

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

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	Water Shoes	
	Tampons are hard to find so be sure to bring some, if applicable	
	applicable	
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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.



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.

Modesty is highly valued in Filipino culture. We will be spending some time with the local ward, so we want to make sure that we show respect for their country and culture.

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