

BUILD PANAMA 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



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

- 3-5 Shirts (can get ruined, a long sleeve may be recommended)
 - 2-3 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

- 3 casual shirts
- 2 pairs of pants/a belt
- Comfortable walking shoes
- Athletic wear (for a sports activity)
- Light jacket/ sweatshirt/ rain jacket/ poncho

SUNDAY CLOTHING

- Men: 1 White shirt, tie, slacks, shoes
- Women: 1 knee length skirt/ dress, shoes

EVERYTHING ELSE!

- Sleepwear
- 8-10 pairs of socks
- 10 day supply of underwear
- 2 swimsuits
- Swimsuit coverup
- Sunglasses
- Flip-flops (to use while showering)
- 1-2 trash bags for dirty clothes

