



AT THE AIRPORT

- Passport
- Wear your HXP Shirt
- HXP Cotopaxi Gear
- HXP Builder Handbook (booklet you received in your packet) and Pen
- Temple Recommend
- Durable/Reusable water bottle
- Personal Medications
- Hand Sanitizer
- Printed copy of: Domestic Flight info, Passport Bio page, Builder Notarized form
- Debit Card (or cash) for currency exchange
- Reading Materials (optional)
- Sleep aids for plane (optional): eye mask, ear plugs, neck pillow



YOUR CARRY-ON (7kg/15lb limit)

- 3 outfits/3 pairs of underwear
- Swimwear/cover-up/sunscreen/sunglasses
- Light jacket/sweatshirt
- Travel-sized personal hygiene products
- Sleepwear
- 1 towel (light, can dry easily)
- Snacks for the weekend
- Camera (optional, but recommended)
- Good walking shoes
- Any prescription needed
- Scriptures (we recommend compact sizes)
- Journal



BASICS

- Shampoo/Conditioner/Soap/Razor/ Toothbrush/Toothpaste/Deodorant/Hair brush
- 1-2 Towels (shower and beach)
- 1 twin fitted sheet (for your futon) and a pillowcase
- Lotion/Chapstick
- Feminine Hygiene Products (Japan has a different variety than you may be used to)
- Student ID* (This can help you get things cheaper)
- Inexpensive, durable watch (remember you will not have your phone)
- A small amount of clothing detergent (You may not be able to do anormal load of washing, so washing smaller items in the sink is a great overnight option! Dollar Tree normally carries small detergent bottles)



MEDICAL

- Sunscreen (we will be going to the beach and traveling outside some days)
- Bug repellent (we are staying in a mountainous area)
- Any medications you may need
- Glasses/Contacts/Solution (remember to pack a little extra just in case)
- Personal first aid kit (we aren't building structures like other trips are, but you never know when you may need something)
*HumanitarianXP will provide an advanced First Aid Kit on every trip



OPTIONAL ITEMS

- Camera & Charger (remember, you won't have your phone)
- A small musical instrument (but remember, you are in charge of packing it, and paying for any extra fees if required)
- Compact Games (eg. cards)
- Small compact outdoor games (like a frisbee)
- Any other church readings materials you may want to use for study



CLOTHING

- 7-10 shirts with sleeves
- 5 pairs of pants
- Shoes — enclosed is best, but bring a pair of sandals if you wish to wear to the beach, or for casual activities (Remember, we will be doing a lot of walking for sightseeing weekends)
- Sleepwear
- Enough socks to last two weeks (remember, you can hand wash these at the house if you like)
- Enough underwear to comfortably last you the whole trip
- A swimsuit and outfit to cover the swimsuit at the beach/Sunglasses
- Flip flops(for showering)
- Some trash bags to store your dirty clothes
- A SUNDAY OUTFIT FOR CHURCH (Boys: White shirt and pants; Girls: A modest length dress, or skirt and shirt combo) Bring two if you want to wear something different the second Sunday**
- An athletic outfit for sports activities
- A light jacket or hoodie for night time (it might get a little chilly in the mountains)



REMINDER

Laundry will not be an option on this trip, so make sure to pack enough clothes for the full trip!



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!) We will be riding on lots of trains, so the less you carry the better.



WEATHER

Japan will be warm during the day, and cool at night mostly, with average temperatures between 65 and 85 degrees Fahrenheit with moderate to high humidity. Pack breathable summer appropriate clothes, but remember to bring sweats and a hoodie for night time just in case!



MEDICATIONS/VACCINES

The COVID-19 vaccine is not required to enter Japan, but you will need to get a PCR Covid Test within 72 hours of leaving, and you will need the printed results. If you are fully vaccinated (two shots plus the booster shot), you will not need to do a PCR test.

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 doctor/travel clinic to decide if you want any additional vaccines!



DO NOT BRING

- Laptops, Ipads, or Ipods
- Videogames/Nintendo Switch
- Apple Watch/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:

- You will be required to take shoes off inside a lot of areas.
- Consider bringing some extra socks to keep in your bag incase you end up barefoot inside
- Remember to bring a notebook and pen to work with the students at the school — you'll also be doing some Japanese lessons with them!
- We will be doing a talent show with the students one night during the trip. If there is anything you want to bring to help showcase your talent, feel free to bring it! (You aren't required to do anything in the talent show if you don't want to!)
- Debit Card — remember to tell your bank you're leaving!



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.

At the school, we ask Builders to wear modest clothing to adhere to Japanese cultural standards. This includes no short shorts or skirts, and no tank tops for guys or girls.

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 Japanese culture. We will be spending A LOT of time with the school students and teachers, so we want to make sure that we show respect for their country and culture.



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.