

# REFUGEE: ROMANIA 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
- 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



## REMINDER

You will have the option to do laundry once during your trip at your own cost.



## BASICS

- Shampoo/Conditioner/Soap/Razor/ Toothbrush/Toothpaste/Deodorant/Hair brush
- 1-2 Towels (shower and beach)
- 1 small blanket (optional)
- Lotion/Chapstick
- Feminine Hygiene Products )
- Student ID
- Inexpensive, durable watch (remember you will not have your phone)
- A small amount of clothing detergent (You may not be able to do a normal load of washing, so washing smaller items in the sink is a great overnight option)



## MEDICAL

- Sunscreen
- Bug repellent
- Any medications you may need
- Glasses/Contacts/Solution (remember to pack a little extra just in case)
- Personal first aid kit  
\*HXP 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 in the city (Remember, we will be doing a lot of walking for sightseeing weekends)
- Sleepwear
- Socks
- Enough underwear to comfortably last you the whole trip
- A swimsuit & swimsuit cover up for the Spa
- 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)

# HXP.

## 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

Romania 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

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:

- Lesson Plans (more information regarding lesson preparations will be sent our via email in the next few weeks.)

## 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

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.

We ask Builders to wear modest clothing to adhere to Romanian 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 Romanian 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.

## A word from the Pros -

### Packing tips from our 2023 Builders:

"I wish I would have brought more anti-itch cream, bug spray, and wipes"

"Pens, cold medicine, protein bars, comfortable slides, more work gloves"

"More snacks and drink mixes, a light weight blanket, another towel if possible some more comfy clothes to wear after work time "

"Put an AirTag in luggage to track it at the airport, bring pants for the worksite that are somewhat water resistant and light in weight, try and keep as much room as you can for souvenirs"

"I think it would be really awesome to emphasize how helpful it is to stick to the packing list! I overpacked a bit and I really wish I didn't, it just made things more complicated"