

BUILD FIJI 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
- Current 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 dooemestic flight information
- Printed copy of Passport Bio page
- Printed copy of Builder Notarized form
- Debit Card (or cash) for currency exchange



YOUR CARRY-ON

- 3 outfits / 3 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 and beach shoes
- Biodegradable sunscreen / insect repellent
- Any prescription needed



BASICS

- Shampoo / conditioner / soap / razor
- Toothbrush / toothpaste / floss
- Deodorant
- Hairbrush
- 1-2 Towels (bath and beach)
- Lotion/ chapstick
- Feminine hygiene products (if applicable)
- 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 (electrolyte mix)
*HXP will provide an advanced First Aid Kit on every trip



OPTIONAL ITEMS

- Camera & charger (New Zeal plug adapter)
- 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
- Lightweight Blanket
- Crossbody bag/fanny pack



CLOTHING

WORKSITE

- 5-7 Shirts (can get ruined, a long sleeve may be recommended, NO TANK TOPS)
- 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)
- 2 Bandanas and/or hats
- 2 pairs of thick work gloves
- Safety glasses
- 1 Hard Hat (construction hat)

EVENING ACTIVITIES

- 5-6 casual shirts
- 2-3 pairs of pants/a belt
- Comfortable walking shoes
- 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
- 12-15 pairs of socks
- 16 day supply of underwear
- 2-3 swimsuits
- Swimsuit coverup
- Sunglasses
- Flip-flops (to use while showering)
- 1-2 trash bag for dirty clothes



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

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!)

WEATHER

Fiji is hot (average temperatures between 66 and 77 degrees Fahrenheit) with high humidity.

Dry season is between May - October, so expect little to no rainfall. Be sure to pack breathable clothes such as cotton.

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 / 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:

- Debit card (don't forget to tell your bank!)
- (For Girls) you must bring at least 1 long skirt (ankle length) in your carry-on for village meetings. It's culturally offensive to not wear a long skirt in this meeting.
- You will *need* insect repellent
- Water Shoes
- Tampons are hard to find in Fiji so be sure to pack them if applicable
- Daypack in airport with swimsuit, towel, change of clothes for sightseeing activity

A word from the Pros -

Packing tips from our 2023 Builders:

"I wish I would have brought More skirts/dresses! More biker shorts for under the dresses! More baby wipes! More snacks!

"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"

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.
- On the worksite, we ask that Builders wear long pants and short/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 Fijian 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.

BUILD SAMOA 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
- Current 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 dooemestic flight information
- Printed copy of Passport Bio page
- Printed copy of Builder Notarized form
- Debit Card (or cash) for currency exchange



YOUR CARRY-ON

- 3 outfits / 3 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 and beach shoes
- Biodegradable sunscreen / insect repellent
- Any prescription needed



BASICS

- Shampoo / conditioner / soap / razor
- Toothbrush / toothpaste / floss
- Deodorant
- Hairbrush
- 1-2 Towels (bath and beach)
- Lotion/ chapstick
- Feminine hygiene products (if applicable)
- 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 (electrolyte mix)
*HXP will provide an advanced First Aid Kit on every trip



OPTIONAL ITEMS

- Camera & charger (New Zeal plug adapter)
- 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
- Lightweight Blanket
- Crossbody bag/fanny pack



CLOTHING

WORKSITE

- 5-7 Shirts (can get ruined, a long sleeve may be recommended, NO TANK TOPS)
- 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)
- 2 Bandanas and/or hats
- 2 pairs of thick work gloves
- Safety glasses
- 1 Hard Hat (construction hat)

EVENING ACTIVITIES

- 5-6 casual shirts
- 2-3 pairs of pants/a belt
- Comfortable walking shoes
- 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
- 12-15 pairs of socks
- 16 day supply of underwear
- 2-3 swimsuits
- Swimsuit coverup
- Sunglasses
- Flip-flops (to use while showering)
- 1-2 trash bag for dirty clothes



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

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!)



WEATHER

Fiji is hot (average temperatures between 66 and 77 degrees Fahrenheit) with high humidity.

Dry season is between May - October, so expect little to no rainfall. Be sure to pack breathable clothes such as cotton.



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 / 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:

- Debit card (don't forget to tell your bank!)
- (For Girls) you must bring at least 1 long skirt (ankle length) in your carry-on for village meetings. It's culturally offensive to not wear a long skirt in this meeting.
- You will *need* insect repellent
- Water Shoes
- Tampons are hard to find in Samoa so be sure to pack them if applicable
- Daypack in airport with swimsuit, towel, change of clothes for sightseeing

A word from the Pros -

Packing tips from our 2023 Builders:

"I wish I would have brought More skirts/dresses! More biker shorts for under the dresses! More baby wipes! More snacks!

"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"



REMINDER

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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.
- On the worksite, we ask that Builders wear long pants and short/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 Samoan 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.

BUILD TONGA 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
- Current 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 doemestic flight information
- Printed copy of Passport Bio page
- Printed copy of Builder Notarized form
- Debit Card (or cash) for currency exchange



YOUR CARRY-ON

- 3 outfits / 3 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 and beach shoes
- Biodegradable sunscreen / insect repellent
- Any prescription needed



BASICS

- Shampoo / conditioner / soap / razor
- Toothbrush / toothpaste / floss
- Deodorant
- Hairbrush
- 1-2 Towels (bath and beach)
- Lotion/ chapstick
- Feminine hygiene products (if applicable)
- 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 (electrolyte mix)
*HXP will provide an advanced First Aid Kit on every trip



OPTIONAL ITEMS

- Camera & charger (New Zeal plug adapter)
- 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
- Lightweight Blanket
- Crossbody bag/fanny pack



CLOTHING

WORKSITE

- 5-7 Shirts (can get ruined, a long sleeve may be recommended, NO TANK TOPS)
- 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)
- 2 Bandanas and/or hats
- 2 pairs of thick work gloves
- Safety glasses
- 1 Hard Hat (construction hat)

EVENING ACTIVITIES

- 5-6 casual shirts
- 2-3 pairs of pants/a belt
- Comfortable walking shoes
- 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
- 12-15 pairs of socks
- 16 day supply of underwear
- 2-3 swimsuits
- Swimsuit coverup
- Sunglasses
- Flip-flops (to use while showering)
- 1-2 trash bag for dirty clothes



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

HXP.



BAGGAGE SPECS

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WEATHER

Fiji is hot (average temperatures between 66 and 77 degrees Fahrenheit) with high humidity.

Dry season is between May - October, so expect little to no rainfall. Be sure to pack breathable clothes such as cotton.



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 / 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:

- Debit card (don't forget to tell your bank!)
- (For Girls) you must bring at least 1 long skirt (ankle length) in your carry-on for village meetings. It's culturally offensive to not wear a long skirt in this meeting.
- You will *need* insect repellent
- Water Shoes
- Tampons are hard to find so be sure to pack them if applicable
- Daypack in airport with swimsuit, towel, change of clothes for sightseeing activity

A word from the Pros -

Packing tips from our 2023 Builders:

"I wish I would have brought More skirts/dresses! More biker shorts for under the dresses! More baby wipes! More snacks!

"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"



REMINDER

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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

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- On the worksite, we ask that Builders wear long pants and short/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 Tongan 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.

BUILD VANUATU 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
- Current 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 doimestic flight information
- Printed copy of Passport Bio page
- Printed copy of Builder Notarized form
- Debit Card (or cash) for currency exchange



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
- Hiking and beach shoes
- Biodegradable sunscreen / insect repellent
- Any prescription needed



BASICS

- Shampoo / conditioner / soap / razor
- Toothbrush / toothpaste / floss
- Deodorant
- Hairbrush
- 1-2 Towels (bath and beach)
- Lotion/ chapstick
- Feminine hygiene products (if applicable)
- 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 (electrolyte mix)
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OPTIONAL ITEMS

- Camera & charger (New Zeal plug adapter)
- 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
- Lightweight Blanket
- Crossbody bag/fanny pack



CLOTHING

WORKSITE

- 5-7 Shirts (can get ruined, a long sleeve may be recommended, NO TANK TOPS)
- 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)
- 2 Bandanas and/or hats
- 2 pairs of thick work gloves
- Safety glasses
- 1 Hard Hat (construction hat)

EVENING ACTIVITIES

- 5-6 casual shirts
- 2-3 pairs of pants/a belt
- Comfortable walking shoes
- 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
- 12-15 pairs of socks
- 16 day supply of underwear
- 2-3 swimsuits
- Swimsuit coverup
- Sunglasses
- Flip-flops (to use while showering)
- 1-2 trash bag for dirty clothes



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WEATHER

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Dry season is between May - October, so expect little to no rainfall. Be sure to pack breathable clothes such as cotton.



MEDICATIONS/VACCINES

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DO NOT BRING

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- Expensive clothing, jewelry



LOCATION SPECIFIC

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Snack Suggestion:

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- On the worksite, we ask that Builders wear long pants and short/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 the Vanuatu 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.