

BUILD CAMBODIA 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
- 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
- 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 / walking shoes
- 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
*HXP 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

- 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) 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

- 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
- 1 swimsuit
- Swimsuit coverup
- Sunglasses
- Flip-flops (to use while showering)
- 1-2 trash bag for dirty clothes

HXP.



REMINDER

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

WEATHER

Cambodia is hot and humid (average temperatures of 76-87 degrees Fahrenheit). You will want to pack light and breathable clothing, especially for the worksite. Athletic pants and shirts are recommended. Be aware that you will sweat a lot, so consider what color of clothing to wear if you don't want to show it.

Rainy/Monsoon Season is between May - October, September being their wettest month, so expect some sporadic rain. A light rain coat is recommended.

MEDICATIONS/VACCINES

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 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:

- Chafing cream
- Comfortable hiking shoes are recommended You will have excursions where you are walking around ruins!
- At least one pair of close-toed walking shoes (sneakers)

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"



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!)



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.

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.



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)
- 5 printed photocopies of your Visa
- 5 printed photocopies of Passport Bio page
- Printed domestic flight information
- 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
- Hiking / walking shoes
- 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
*HXP 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

- 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) We strongly recommend bringing rubber boots for working in mud, cement, and all weather types. (2-3 pairs bc of heavy rain.)

- 2 Bandanas and/or hats
- 2 pairs of thick work gloves
- 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
- 1 swimsuit
- Swimsuit coverup
- Sunglasses
- Flip-flops (to use while showering)
- 1-2 trash bag for dirty clothes





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!)



MEDICATIONS/VACCINES

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 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:

- Water shoes



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.

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”



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.



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)
- 5 printed photocopies of your Visa
- 5 printed photocopies of Passport Bio page
- Printed domestic flight information
- 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
- Hiking / walking shoes
- 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
*HXP 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

- 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) We strongly recommend bringing rubber boots for working in mud, cement, and all weather types. (2-3 pairs bc of heavy rain.)

- 2 Bandanas and/or hats
- 2 pairs of thick work gloves
- 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
- 1 swimsuit
- Swimsuit coverup
- Sunglasses
- Flip-flops (to use while showering)
- 1-2 trash bag for dirty clothes





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!)



MEDICATIONS/VACCINES

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 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:

- Check back at the end of February for tips from your Program Designer!

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"



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.



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.



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)



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
*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 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

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



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!)



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.

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”



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.



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



BASICS

- 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 / walking shoes
- Biodegradable sunscreen / insect repellent
- Any prescription needed

- 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
*HXP 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

- 5-8 Shirts (can get ruined, 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) 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

- 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 maxi or longer than knee length skirt/ dress, shoes

EVERYTHING ELSE!

- Sleepwear
- 12-15 pairs of socks
- 16 day supply of underwear
- 1 swimsuit
- Swimsuit coverup
- Sunglasses
- Flip-flops (to use while showering)
- 1-2 trash bag for dirty clothes
- 12-15 pairs of socks



REMINDER

You will have the option to do laundry once during the trip, at your own cost. (About \$5 USD per bag.)

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

Hot during the day, but nights get pretty chilly!

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 doctors/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
- Hair appliances (curling iron, etc)

LOCATION SPECIFIC

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

- Check back at the end of February for tips from your Program Designer!

Please note you will only have your carry-on for the first 3 days of the trip

A word from the Pros -

Packing tips from our 2023 Builders:

“I wish I would have brought all scripture books, sunglasses”

“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.

Please be extra modest at ward activities — shorts and skirts should be close to knee length to be respectful of local culture and customs.



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)
- 5 printed photocopies of Passport Bio page
- Printed domestic flight information
- 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
- Hiking / walking shoes
- 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
*HXP 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

- 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) We strongly recommend bringing rubber boots for working in mud, cement, and all weather types. (2-3 pairs bc of heavy rain.)
- 2 Bandanas and/or hats
- 2 pairs of thick work gloves
- 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
- 1 swimsuit
- 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

Mongolia 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

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 to decide if you want any additional vaccines!



DO NOT BRING

- Laptops, I pads, or I pods
- 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:

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

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”



SNACKS

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- 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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- 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.



REMINDER

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- 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
- Hiking / walking shoes
- 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
- Nail clippers / tweezers
- Any medication (if needed)
- Glasses/contacts/ solutions (if needed, make sure to bring extra)
- Small personal first aid kit
*HXP 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

- 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) We strongly recommend bringing rubber boots for working in mud, cement, and all weather types. (2-3 pairs bc of heavy rain.)
- 2 Bandanas and/or hats
- 2 pairs of thick work gloves
- 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
- 1 swimsuit
- Swimsuit coverup
- Sunglasses
- Flip-flops (to use while showering)
- 1-2 trash bag for dirty clothes



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

Nepal is fairly warm all year round. Expect highs of mid-80's!

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 doctors/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:

- Rain jacket or poncho
- Rain boots

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”

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.

REMINDER

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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
- Hiking / walking shoes
- 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
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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

- 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) 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

- 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

The Philippines is hot (average temperatures between 77 and 90 degrees Fahrenheit) with high humidity.

Rainy season is between June - November, so be prepared with light raincoats for sporadic rainfall. Be sure to pack breathable clothes such as cotton.



MEDICATIONS/VACCINES

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 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:

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

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”

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SNACKS

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- 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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- 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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BUILD THAILAND 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
- 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
- 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 / walking shoes
- 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
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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

- 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) 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

- 5-6 casual shirts
- 2-3 pairs of pants/a belt
- Comfortable walking shoes (sandals are recommended)
- 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
- 1 swimsuit
- Swimsuit coverup
- Sunglasses
- Flip-flops (to use while showering)
- 1-2 trash bag for dirty clothes

HXP.



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

WEATHER

Thailand is extremely hot and humid (average temperatures of 80-89 degrees Fahrenheit). You will want to pack light and breathable clothing, especially for the worksite. Athletic pants and shirts are recommended. You will want to bring sandals or flip flops. Be aware that you will sweat a lot, so consider what color of clothing to wear if you don't want to show it. Rainy/Monsoon Season is between July - October so expect some sporadic rain depending on the time of your trip. A light rain coat is recommended.

MEDICATIONS/VACCINES

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 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:

- Chafing cream
- Water shoes

A word from the Pros -

Packing tips from our 2023 Builders:

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"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"

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