

# BUILD ARGENTINA 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



## YOUR CARRY-ON

- 2 outfits / 2 pairs of underwear
- Swimwear / cover-up
- Light Jacket/ sweatshirt
- Travel-sized Personal Hygiene products
- Sleepwear
- 1 towel (microfiber/travel)
- 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 (including cold medicine - DayQuil/NyQuil  
\*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
- 1-2 swimsuits
- Swimsuit coverup
- Sunglasses
- Flip-flops (to use while showering)
- 1-2 trash bag for dirty clothes

# 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

30s first weekend with snow, 50s-70s on worksite. Humidity can make the temperature feel hotter/colder

## 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:

- Flavoring Packets/electrolytes for water
- Small blanket
- Hand towel
- Your first sightseeing weekend will be in the Patagonia mountains! It will be BEAUTIFUL and it will be COLD! We suggest packing winter coats, jackets, beanies, thermals, and thick socks!

## 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”

## 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.

# BUILD BOLIVIA 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



## YOUR CARRY-ON

- 2 outfits / 2 pairs of underwear
- Swimwear / cover-up
- Light Jacket/ sweatshirt
- Travel-sized Personal Hygiene products
- Sleepwear
- 1 towel (microfiber/travel)
- 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 (including cold medicine - DayQuil/NyQuil  
\*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
- 1-2 swimsuits
- Swimsuit coverup
- Sunglasses
- Flip-flops (to use while showering)
- 1-2 trash bag for dirty clothes

# 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

750s-70s, higher elevation can get chilly so Builders need a jacket (especially earlier trips). First sightseeing weekend in Amazon so warm !

## 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:

- Flavoring Packets/electrolytes for water
- Hand towel
- Small blanket
- 5-7 Pairs of long socks for the worksite

## 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"

## 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.

# BUILD BRAZIL 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



## YOUR CARRY-ON

- 2 outfits / 2 pairs of underwear
- Swimwear / cover-up
- Light Jacket/ sweatshirt
- Travel-sized Personal Hygiene products
- Sleepwear
- 1 towel (microfiber/travel)
- 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 (including cold medicine - DayQuil/NyQuil  
\*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
- 2-3 swimsuits & beach towel
- Swimsuit coverup
- Sunglasses
- Flip-flops (to use while showering)
- 1-2 trash bag for dirty clothes

# 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

75 degree average (nights drop to low 60s and days can reach 80s). Humidity can make the temperature feel hotter.

## 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:

- Flavoring Packets/electrolytes for water
- Hand towel
- Small blanket
- 2 swimsuits and 2 beach towels!

## 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”

## 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.

# BUILD CHILE 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



## YOUR CARRY-ON

- 2 outfits / 2 pairs of underwear
- Swimwear / cover-up
- Light Jacket/ sweatshirt
- Travel-sized Personal Hygiene products
- Sleepwear
- 1 towel (microfiber/travel)
- 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 (including cold medicine - DayQuil/NyQuil  
\*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
- 1-2 swimsuits
- Swimsuit coverup
- Sunglasses
- Flip-flops (to use while showering)
- 1-2 trash bag for dirty clothes

# 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

7first weekend 30s and cold and snow. 50s-60s on worksite Humidity can make the temperature feel hotter/colder

## 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:

- Flavoring Packets/electrolytes for water
- Small blanket
- Winter coat, thermals, winter gloves in your carry-on
- Hand towel
- 1 beanie and 2 pairs of thick socks in your carry-on

## 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”

## SNACKS

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### Snack Suggestion:

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## DRESS CODE

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- Hand sanitizer
- Sleep aids (e.g. eye masks, ear plugs, neck pillow)
- Pen
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## YOUR CARRY-ON

- 2 outfits / 2 pairs of underwear
- Swimwear / cover-up
- Light Jacket/ sweatshirt
- Travel-sized Personal Hygiene products
- Sleepwear
- 1 towel (microfiber/travel)
- 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 (including cold medicine - DayQuil/NyQuil  
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## OPTIONAL ITEMS

- Camera & charger (remember you will not have your phone)
- Small Musical Instrument you can play (talent show/ devotionals)
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- Compact outdoor games (e.g. frisbee)
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## CLOTHING

### WORKSITE

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### EVENING ACTIVITIES

- 5-6 casual shirts
- 2-3 pairs of pants/a belt
- Comfortable walking shoes
- Athletic wear (for a sports activity)
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### SUNDAY CLOTHING

- Men: 1-2 White shirt, tie, slacks, shoes
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### EVERYTHING ELSE!

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# 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

60s-80s. Humidity can make the temperature feel hotter.

## 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

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## A word from the Pros -

### Packing tips from our 2023 Builders:

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## SNACKS

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### 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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## 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 (microfiber/travel)
- 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 (including cold medicine - DayQuil/NyQuil  
\*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
- 1-2 swimsuits
- 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

50s-70s. Colder on top of cotopaxi mountain for that sightseeing day

## 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:

- Flavoring Packets/electrolytes for water
- Hand towel
- Small blanket
- Cotopaxi groups: bring a warm coat and gloves!

## 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”

## SNACKS

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## REMINDER

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# BUILD PARAGUAY PACKING LIST

[CLICK HERE FOR OUR AMAZON FINDS](#)



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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 (microfiber/travel)
- 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 (including cold medicine - DayQuil/NyQuil  
\*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)
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- 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
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### EVERYTHING ELSE!

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

# 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

50s-70s. Bring a poncho/jacket for waterfall tour

## MEDICATIONS/VACCINES

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## DO NOT BRING

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## LOCATION SPECIFIC

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- Flavoring Packets/electrolytes for water
- Hand towel
- Small blanket
- 5-7 Pairs of long socks for the worksite

## 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 “

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## SNACKS

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- Reading Materials (optional)
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- Hand sanitizer
- Sleep aids (e.g. eye masks, ear plugs, neck pillow)
- Pen
- Printed flight information
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## YOUR CARRY-ON

- 2 outfits / 2 pairs of underwear
- Swimwear / cover-up
- Light Jacket/ sweatshirt
- Travel-sized Personal Hygiene products
- Sleepwear
- 1 towel (microfiber/travel)
- 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 (including cold medicine - DayQuil/NyQuil  
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## OPTIONAL ITEMS

- Camera & charger (remember you will not have your phone)
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- Men: 1-2 White shirt, tie, slacks, shoes
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## WEATHER

Iquitos: 80 degree average (hot !), 70 for a low.  
Inca: 65 average during day, 50s at night

## MEDICATIONS/VACCINES

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## LOCATION SPECIFIC

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- Flavoring Packets/electrolytes for water
- Hand towel
- Small blanket
- Peru Inca: Bring a sweater or hoodie, Peru Iquitos: weather is hot/humid

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“Pens, cold medicine, protein bars, comfortable slides, more work gloves”

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### BASICS

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## WEATHER

average in the low 50s with humidity (chilly/cold at night- 40s! = bring warmer clothes/a packable coat, bring warm clothes for sightseeing)

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