BUILD ARGENTINA PACKING LIST

X AT THE AIRPORT	BASICS	2 CLOTHING
☐ Passport	☐ Shampoo / conditioner / soap / razor	WORKSITE ☐ 5-7 Shirts (can get ruined, a long sleeve may be
☐ Wear your HXP Shirt	☐ Toothbrush / toothpaste / floss	recommended, NO TANK TOPS)
☐ HXP Cotopaxi Gear	☐ Deodorant	$\ \square$ 3-5 pairs of lightweight, long pants (no capris,
\square HXP Builder Handbook (booklet you received in your packet) and pen	☐ Hairbrush	leggings or shorts allowed on the worksite)
☐ Temple Recommend	$\ \square$ 1-2 Towels (shower and beach)	Shoes (must cover entire foot, will likely get uined) We strongly recommend bringing
\Box 1 Durable/reusable water bottle	☐ Lotion/ chapstick	rubber boots for working in mud, cement, and a weather types.
☐ Copy of any doctor's prescription medicine ☐ Reading Materials (optional)	☐ Feminine hygiene products (if applicable)☐ Student ID	☐ 2 Bandanas and/or hats
Travel size scriptures (remember you won't have	☐ Flashlight / headlamp	$_{\square}$ 2 pairs of thick work gloves
your phone) Hand sanitizer	☐ Inexpensive, durable watch (remember you will not have your phone)	☐ 1 Hard Hat (construction hat) EVENING ACTIVITIES
☐ Sleep aids (e.g. eye masks, ear plugs, neck pillow)	\sim	□ 5-6 casual shirts
Pen	MEDICAL	$_{\square}$ 2-3 pairs of pants/a belt
☐ Printed flight information	☐ Biodegradable sunscreen	$\ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ $
☐ Printed copy of Passport Bio page	☐ Bug spray	☐ Athletic wear (for a sports activity)
	☐ Hand sanitizer /wet wipes/ Aloe Vera	$_{\square}$ Light jacket/ sweatshirt/ rain jacket/ poncho
☐ Printed copy of Builder Notarized form	☐ Fingernail clippers / tweezers	SUNDAY CLOTHING
∏ YOUR CARRY-ON	\square Any medication (if needed)	☐ Men: 1-2 White shirt, tie, slacks, shoes
2 outfits / 2 pairs of underwear	☐ Glasses/contacts/ solutions (if needed, make sure to bring extra)	☐ Women: 1-2 knee length skirt/ dress, shoes EVERYTHING ELSE!
☐ Swimwear / cover-up	☐ Small personal first aid kit (including cold	Sleepwear
☐ Light Jacket/sweatshirt	medicine - DayQuil/NyQuil	\square 12-15 pairs of socks
☐ Travel-sized Personal Hygiene products	*HXP will provide an advanced First Aid Kit on every trip	\square 16 day supply of underwear
☐ Sleepwear	(S) OPTIONAL ITEMS	☐ 1-2 swimsuits
☐ 1 towel (microfiber/travel)	☐ Camera & charger (remember you will not have	☐ Swimsuit coverup
☐ A couple of snacks	your phone)	☐ Sunglasses
□ Camera (optional)	☐ Small Musical Instrument you can play (talent show/ devotionals)	\square Flip-flops (to use while showering)
☐ Sunglasses	☐ Compact games (e.g. card games)	$_{\square}$ 1-2 trash bag for dirty clothes
☐ Hiking / walking shoes	□ Compact outdoor games (e.g. frisbee)	
□ Biodegradable sunscreen / insect repellent□ Any prescription needed	☐ Copy of Patriarchal Blessing	LIV







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



- 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.

OLOCATION SPECIFIC

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

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Flavoring	Packets	/electrol	VIES for W	arer

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☐ 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"



BUILD BOLIVIA PACKING LIST

CLICK HERE FOR OUR AMAZON FINDS

AT THE AIRPORT	BASICS	CLOTHING
□ Passport □ Wear your HXP Shirt	☐ Shampoo / conditioner / soap / razor☐ Toothbrush / toothpaste / floss	$_{\square}$ 5-7 Shirts (can get ruined, a long sleeve may be recommended, NO TANK TOPS)
☐ HXP Cotopaxi Gear	☐ Deodorant	☐ 3-5 pairs of lightweight, long pants (no capris, leggings or shorts allowed on the worksite)
HXP Builder Handbook (booklet you received in your packet) and pen	☐ Hairbrush	Shoes (must cover entire foot, will likely get
☐ Temple Recommend ☐ 1 Durable/reusable water bottle	□ 1-2 Towels (shower and beach)□ Lotion/ chapstick	ruined) We strongly recommend bringing rubber boots for working in mud, cement, and al weather types.
☐ Copy of any doctor's prescription medicine ☐ Reading Materials (optional)	 □ Feminine hygiene products (if applicable) □ Student ID 	☐ 2 Bandanas and/or hats
Travel size scriptures (remember you won't have your phone)	☐ Flashlight / headlamp	2 pairs of thick work gloves
☐ Hand sanitizer	$\hfill \square$ Inexpensive, durable watch (remember you will not have your phone)	1 Hard Hat (construction hat) EVENING ACTIVITIES
☐ Sleep aids (e.g. eye masks, ear plugs, neck pillow)	MEDICAL	☐ 5-6 casual shirts ☐ 2-3 pairs of pants/a belt
□ Pen□ Printed flight information	☐ Biodegradable sunscreen	☐ Comfortable walking shoes
$_{\square}$ Printed copy of Passport Bio page	☐ Bug spray☐ Hand sanitizer /wet wipes/ Aloe Vera	☐ Athletic wear (for a sports activity) ☐ Light jacket/ sweatshirt/ rain jacket/ poncho
□ Printed copy of Builder Notarized form	☐ Fingernail clippers / tweezers	SUNDAY CLOTHING
YOUR CARRY-ON	☐ Any medication (if needed)☐ Glasses/contacts/ solutions (if needed, make)	☐ Men: 1-2 White shirt, tie, slacks, shoes☐ Women: 1-2 knee length skirt/ dress, shoes
□ 2 outfits / 2 pairs of underwear□ Swimwear / cover-up	sure to bring extra)	EVERYTHING ELSE! Sleepwear
☐ Light Jacket/sweatshirt	 Small personal first aid kit (including cold medicine - DayQuil/NyQuil *HXP will provide an advanced First Aid Kit on 	☐ 12-15 pairs of socks
☐ Travel-sized Personal Hygiene products	every trip	☐ 16 day supply of underwear
☐ Sleepwear ☐ 1 towel (microfiber/travel)	GD OPTIONAL ITEMS	☐ 1-2 swimsuits☐ Swimsuit coverup
☐ A couple of snacks	 Camera & charger (remember you will not have your phone) 	☐ Sunglasses
□ Camera (optional)	☐ Small Musical Instrument you can play (talent show/ devotionals)	☐ Flip-flops (to use while showering)
☐ Sunglasses	□ Compact games (e.g. card games)	$_{\square}$ 1-2 trash bag for dirty clothes
☐ Hiking / walking shoes☐ Biodegradable sunscreen / insect repellent	☐ Compact outdoor games (e.g. frisbee)	





¬ Any prescription needed



Maximum baaaaa allowance is listed on vour Builder Portal. HXP advises that you bring 1 checked bag and 1 back- pack or duffel-bag as vour carry on (so pack light!)



👺 WEATHFR

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



MFDICATIONS/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



- 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.

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/	[/] electro	lytes	for	water

	lavoring	Packets	/e	lectro	lytes	for w	ater
\Box S	mall blar	nket					

□ 5-7 Pairs of long socks for the worksite

A word from the Pros -

- "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"



BUILD BRAZIL PACKING LIST

CLICK HERE FOR OUR AMAZON FINDS

AT THE AIRPORT	BASICS	CLOTHING
☐ Passport	☐ Shampoo / conditioner / soap / razor	WORKSITE ☐ 5-7 Shirts (can get ruined, a long sleeve may be
☐ Wear your HXP Shirt	$\ \square$ Toothbrush / toothpaste / floss	recommended, NO TANK TOPS)
☐ HXP Cotopaxi Gear	□ Deodorant	$\ \square$ 3-5 pairs of lightweight, long pants (no capris,
$\hfill\Box$ HXP Builder Handbook (booklet you received in your packet) and pen	☐ Hairbrush	leggings or shorts allowed on the worksite) Shoes (must cover entire foot, will likely get
☐ Temple Recommend	$\ \square$ 1-2 Towels (shower and beach)	☐ ruined) We strongly recommend bringing
$^\square$ 1 Durable/reusable water bottle	☐ Lotion/ chapstick	rubber boots for working in mud, cement, and al weather types.
Copy of any doctor's prescription medicineReading Materials (optional)	☐ Feminine hygiene products (if applicable)☐ Student ID	☐ 2 Bandanas and/or hats ☐ 2 pairs of thick work gloves
Travel size scriptures (remember you won't have	☐ Flashlight / headlamp	
□ your phone) □ Hand sanitizer	$\hfill \square$ Inexpensive, durable watch (remember you will not have your phone)	1 Hard Hat (construction hat) EVENING ACTIVITIES
\square Sleep aids (e.g. eye masks, ear plugs, neck pillow)	MEDICAL	☐ 5-6 casual shirts
□ Pen	Biodegradable sunscreen	$_{\square}$ 2-3 pairs of pants/a belt
☐ Printed flight information	-	☐ Comfortable walking shoes
☐ Printed copy of Passport Bio page	Bug spray	\square Athletic wear (for a sports activity)
☐ Printed copy of Builder Notarized form	☐ Hand sanitizer /wet wipes/ Aloe Vera	$\ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ $
Trinica copy of Bander Notarized form	☐ Fingernail clippers / tweezers	SUNDAY CLOTHING
YOUR CARRY-ON	\square Any medication (if needed)	☐ Men: 1-2 White shirt, tie, slacks, shoes
2 outfits / 2 pairs of underwear	 Glasses/contacts/ solutions (if needed, make sure to bring extra) 	☐ Women: 1-2 knee length skirt/ dress, shoes EVERYTHING ELSE!
□ Swimwear / cover-up	☐ Small personal first aid kit (including cold	☐ Sleepwear
\square Light Jacket/sweatshirt	medicine - DayQuil/NyQuil *HXP will provide an advanced First Aid Kit on	\square 12-15 pairs of socks
☐ Travel-sized Personal Hygiene products	every trip	\square 16 day supply of underwear
□ Sleepwear	OPTIONAL ITEMS	\square 2-3 swimsuits & beach towel
☐ 1 towel (microfiber/travel)	☐ Camera & charger (remember you will not have	☐ Swimsuit coverup
☐ A couple of snacks	your phone)	☐ Sunglasses
□ Camera (optional)	☐ Small Musical Instrument you can play (talent show/ devotionals)	☐ Flip-flops (to use while showering)
☐ Sunglasses	☐ Compact games (e.g. card games)	$_{\square}$ 1-2 trash bag for dirty clothes
☐ Hiking / walking shoes	□ Compact outdoor games (e.g. frisbee)	
☐ Biodegradable sunscreen / insect repellent	☐ Copy of Patriarchal Blessing	





 $_{\square}$ Any prescription needed



Maximum bagaage allowance is listed on your Builder Portal. HXP advises that you bring 1 checked bag and 1 back- pack or duffel-bag as vour carry on (so pack light!)



🖫 WFATHFR

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



MFDICATIONS/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



- 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.

LOCATION SPECIFIC

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

oxdot Flavoring Packets/electrolytes for wat
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Ш	Flavoring Packets/electrolytes for	water
П	Small blanket	

Hand tower	ادِ
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☐ 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"



BUILD CHILE PACKING LIST

CLICK HERE FOR OUR AMAZON FINDS

AT THE AIRPORT	BASICS	CLOTHING
☐ Passport	☐ Shampoo / conditioner / soap / razor	WORKSITE ☐ 5-7 Shirts (can get ruined, a long sleeve may be
☐ Wear your HXP Shirt	$\ \square$ Toothbrush / toothpaste / floss	recommended, NO TANK TOPS)
☐ HXP Cotopaxi Gear	□ Deodorant	$\ \square$ 3-5 pairs of lightweight, long pants (no capris,
HXP Builder Handbook (booklet you received in your packet) and pen	☐ Hairbrush	leggings or shorts allowed on the worksite) Shoes (must cover entire foot, will likely get
☐ Temple Recommend	$\ \square$ 1-2 Towels (shower and beach)	☐ ruined) We strongly recommend bringing
$^\square$ 1 Durable/reusable water bottle	☐ Lotion/ chapstick	rubber boots for working in mud, cement, and al weather types.
Copy of any doctor's prescription medicineReading Materials (optional)	☐ Feminine hygiene products (if applicable)☐ Student ID	☐ 2 Bandanas and/or hats ☐ 2 pairs of thick work gloves
Travel size scriptures (remember you won't have your phone)	☐ Flashlight / headlamp	
☐ Hand sanitizer	$\hfill \square$ Inexpensive, durable watch (remember you will not have your phone)	1 Hard Hat (construction hat) EVENING ACTIVITIES
\square Sleep aids (e.g. eye masks, ear plugs, neck pillow)	MEDICAL	□ 5-6 casual shirts
□ Pen	☐ Biodegradable sunscreen	$_{\square}$ 2-3 pairs of pants/a belt
☐ Printed flight information	-	☐ Comfortable walking shoes
□ Printed copy of Passport Bio page	Bug spray	$\ \square$ Athletic wear (for a sports activity)
☐ Printed copy of Builder Notarized form	☐ Hand sanitizer /wet wipes/ Aloe Vera	☐ Light jacket/sweatshirt/rain jacket/poncho
	☐ Fingernail clippers / tweezers	SUNDAY CLOTHING
Your Carry-on	\square Any medication (if needed)	☐ Men: 1-2 White shirt, tie, slacks, shoes☐ Women: 1-2 knee length skirt/ dress, shoes
□ 2 outfits / 2 pairs of underwear	☐ Glasses/contacts/ solutions (if needed, make sure to bring extra)	EVERYTHING ELSE!
☐ Swimwear / cover-up	,	□ Sleepwear
☐ Light Jacket/sweatshirt	 Small personal first aid kit (including cold medicine - DayQuil/NyQuil *HXP will provide an advanced First Aid Kit on 	☐ 12-15 pairs of socks
☐ Travel-sized Personal Hygiene products	every trip	\square 16 day supply of underwear
□ Sleepwear	OPTIONAL ITEMS	☐ 1-2 swimsuits
☐ 1 towel (microfiber/travel)	☐ Camera & charger (remember you will not have	☐ Swimsuit coverup
☐ A couple of snacks	your phone)	☐ Sunglasses
□ Camera (optional)	☐ Small Musical Instrument you can play (talent show/ devotionals)	☐ Flip-flops (to use while showering)
☐ Sunglasses	☐ Compact games (e.g. card games)	$_{\square}$ 1-2 trash bag for dirty clothes
☐ Hiking / walking shoes	□ Compact outdoor games (e.g. frisbee)	
☐ Biodegradable sunscreen / insect repellent	☐ Copy of Patriarchal Blessing	





 $_{\square}$ Any prescription needed



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



- 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.

O LOCATION SPECIFIC

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

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	Flavoring	Dackate	/alactro	lvtac fr	or water
	1 lavoiling	r ackets,	CICCLIO	iytes it	Ji Watei

- ☐ Small blanket
- Winter coat, thermals, winter gloves in your carry-on

Hand towel

 $\ \square$ 1 beanie and 2 pairs of thick socks in your carry-on

A word from the Pros -

- "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"



BUILD COLOMBIA PACKING LIST

CLICK HERE FOR OUR AMAZON FINDS

AT THE AIRPORT	BASICS	CLOTHING
□ Passport □ Wear your HXP Shirt	☐ Shampoo / conditioner / soap / razor☐ Toothbrush / toothpaste / floss	$_{\square}$ 5-7 Shirts (can get ruined, a long sleeve may be recommended, NO TANK TOPS)
☐ HXP Cotopaxi Gear	☐ Deodorant	☐ 3-5 pairs of lightweight, long pants (no capris, leggings or shorts allowed on the worksite)
HXP Builder Handbook (booklet you received in your packet) and pen	☐ Hairbrush	Shoes (must cover entire foot, will likely get
☐ Temple Recommend ☐ 1 Durable/reusable water bottle	□ 1-2 Towels (shower and beach)□ Lotion/ chapstick	ruined) We strongly recommend bringing rubber boots for working in mud, cement, and al weather types.
☐ Copy of any doctor's prescription medicine ☐ Reading Materials (optional)	 □ Feminine hygiene products (if applicable) □ Student ID 	☐ 2 Bandanas and/or hats
Travel size scriptures (remember you won't have your phone)	☐ Flashlight / headlamp	2 pairs of thick work gloves
☐ Hand sanitizer	$\hfill \square$ Inexpensive, durable watch (remember you will not have your phone)	1 Hard Hat (construction hat) EVENING ACTIVITIES
☐ Sleep aids (e.g. eye masks, ear plugs, neck pillow)	MEDICAL	☐ 5-6 casual shirts ☐ 2-3 pairs of pants/a belt
□ Pen□ Printed flight information	☐ Biodegradable sunscreen	☐ Comfortable walking shoes
$_{\square}$ Printed copy of Passport Bio page	☐ Bug spray☐ Hand sanitizer /wet wipes/ Aloe Vera	☐ Athletic wear (for a sports activity) ☐ Light jacket/ sweatshirt/ rain jacket/ poncho
□ Printed copy of Builder Notarized form	☐ Fingernail clippers / tweezers	SUNDAY CLOTHING
YOUR CARRY-ON	☐ Any medication (if needed)☐ Glasses/contacts/ solutions (if needed, make)	☐ Men: 1-2 White shirt, tie, slacks, shoes☐ Women: 1-2 knee length skirt/ dress, shoes
□ 2 outfits / 2 pairs of underwear□ Swimwear / cover-up	sure to bring extra)	EVERYTHING ELSE! Sleepwear
☐ Light Jacket/sweatshirt	 Small personal first aid kit (including cold medicine - DayQuil/NyQuil *HXP will provide an advanced First Aid Kit on 	☐ 12-15 pairs of socks
☐ Travel-sized Personal Hygiene products	every trip	☐ 16 day supply of underwear
☐ Sleepwear ☐ 1 towel (microfiber/travel)	GD OPTIONAL ITEMS	☐ 1-2 swimsuits☐ Swimsuit coverup
☐ A couple of snacks	 Camera & charger (remember you will not have your phone) 	☐ Sunglasses
□ Camera (optional)	☐ Small Musical Instrument you can play (talent show/ devotionals)	☐ Flip-flops (to use while showering)
☐ Sunglasses	☐ Compact games (e.g. card games)	$_{\square}$ 1-2 trash bag for dirty clothes
☐ Hiking / walking shoes☐ Biodegradable sunscreen / insect repellent	☐ Compact outdoor games (e.g. frisbee)	





¬ Any prescription needed



Maximum bagaage allowance is listed on your Builder Portal. HXP advises that you bring I checked bag and I back- pack or duffel-bag as vour carry on (so pack light!)



🖫 WFATHFR

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



MFDICATIONS/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



- 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.



- 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.

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/	[/] electrol	ytes f	or water

Ш	-lavoring Packets/electrolytes for wate	ı
	Small blanket	

Hand	towe
Halla	COVVC

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"



BUILD ECUADOR PACKING LIST

AT THE AIRPORT Passport	BASICS Shampoo / conditioner / soap / razor	CLOTHING
☐ Wear your HXP Shirt		 5-7 Shirts (can get ruined, a long sleeve may be recommended, NO TANK TOPS)
☐ HXP Cotopaxi Gear	☐ Toothbrush / toothpaste / floss	☐ 3-5 pairs of lightweight, long pants (no capris,
HXP Builder Handbook (booklet you received in	☐ Deodorant	leggings or shorts allowed on the worksite)
ot your packet) and pen	☐ Hairbrush	Shoes (must cover entire foot, will likely get
☐ Temple Recommend	□ 1-2 Towels (shower and beach)	ruined) We strongly recommend bringing rubber boots for working in mud, cement, and all
1 Durable/reusable water bottle	☐ Lotion/ chapstick	weather types.
Copy of any doctor's prescription medicine	Feminine hygiene products (if applicable)	□ 2 Bandanas and/or hats
☐ Reading Materials (optional) ☐ Travel size scriptures (remember you won't have	☐ Student ID	2 pairs of thick work gloves
your phone)	☐ Flashlight / headlamp	☐ 1 Hard Hat (construction hat)
\square Hand sanitizer	 Inexpensive, durable watch (remember you will not have your phone) 	EVENING ACTIVITIES
\square Sleep aids (e.g. eye masks, ear plugs, neck pillow)	MEDIONI	☐ 5-6 casual shirts
□ Pen	MEDICAL	$_{\square}$ 2-3 pairs of pants/a belt
☐ Printed flight information	☐ Biodegradable sunscreen	☐ Comfortable walking shoes
☐ Printed copy of Passport Bio page	☐ Bug spray	☐ Athletic wear (for a sports activity)
	☐ Hand sanitizer /wet wipes/ Aloe Vera	☐ Light jacket/ sweatshirt/ rain jacket/ poncho
□ Printed copy of Builder Notarized form	$_{\square}$ Fingernail clippers / tweezers	SUNDAY CLOTHING
YOUR CARRY-ON	\square Any medication (if needed)	☐ Men: 1-2 White shirt, tie, slacks, shoes
2 outfits / 2 pairs of underwear	☐ Glasses/contacts/ solutions (if needed, make	☐ Women: 1-2 knee length skirt/ dress, shoes
□ Swimwear / cover-up	sure to bring extra)	EVERYTHING ELSE! □ Sleepwear
Light Jacket/ sweatshirt	 Small personal first aid kit (including cold medicine - DayQuil/NyQuil 	☐ 12-15 pairs of socks
☐ Travel-sized Personal Hygiene products	*HXP will provide an advanced First Aid Kit on every trip	☐ 16 day supply of underwear
Sleepwear	OPTIONAL ITEMS	☐ 1-2 swimsuits
☐ 1 towel (microfiber/travel)	☐ Camera & charger (remember you will not have	☐ Swimsuit coverup
☐ A couple of snacks	your phone)	☐ Sunglasses
□ Camera (optional)	☐ Small Musical Instrument you can play (talent show/ devotionals)	$\ \square$ Flip-flops (to use while showering)
☐ Sunglasses	☐ Compact games (e.g. card games)	$_{\square}$ 1-2 trash bag for dirty clothes
☐ Hiking / walking shoes	□ Compact outdoor games (e.g. frisbee)	
□ Biodegradable sunscreen / insect repellent□ Any prescription needed	☐ Copy of Patriarchal Blessing	LIV







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



- 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.

O LOCATION SPECIFIC

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

Fla	vorir	ng P	acke	ets/e	lect	troly	ytes i	tor	wat	er

7	Small blanket	

7	Hand	towe
	IIGIIG	COVVC

□ 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"



BUILD PARAGUAY PACKING LIST

AT THE AIRPORT	BASICS	<u>CLOTHING</u>
□ Passport	☐ Shampoo / conditioner / soap / razor	WORKSITE ☐ 5-7 Shirts (can get ruined, a long sleeve may be
☐ Wear your HXP Shirt	☐ Toothbrush / toothpaste / floss	recommended, NO TANK TOPS)
☐ HXP Cotopaxi Gear	☐ Deodorant	☐ 3-5 pairs of lightweight, long pants (no capris,
HXP Builder Handbook (booklet you received in your packet) and pen	☐ Hairbrush	leggings or shorts allowed on the worksite)
☐ Temple Recommend	$\ \square$ 1-2 Towels (shower and beach)	Shoes (must cover entire foot, will likely get ruined) We strongly recommend bringing
$^\square$ 1 Durable/reusable water bottle	☐ Lotion/ chapstick	rubber boots for working in mud, cement, and al weather types.
$^{\square}$ Copy of any doctor's prescription medicine	$_{\square}$ Feminine hygiene products (if applicable)	☐ 2 Bandanas and/or hats
☐ Reading Materials (optional)	☐ Student ID	2 pairs of thick work gloves
Travel size scriptures (remember you won't have your phone)	☐ Flashlight / headlamp	
☐ Hand sanitizer	☐ Inexpensive, durable watch (remember you will not have your phone)	☐ 1 Hard Hat (construction hat) EVENING ACTIVITIES
☐ Sleep aids (e.g. eye masks, ear plugs, neck pillow)	\sim	☐ 5-6 casual shirts
□ Pen	MEDICAL	$_{\square}$ 2-3 pairs of pants/a belt
	☐ Biodegradable sunscreen	☐ Comfortable walking shoes
☐ Printed flight information	☐ Bug spray	-
$_{\square}$ Printed copy of Passport Bio page	☐ Hand sanitizer /wet wipes/ Aloe Vera	☐ Athletic wear (for a sports activity) ☐ Light jacket/ sweatshirt/ rain jacket/ poncho
$\ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ $	☐ Fingernail clippers / tweezers	SUNDAY CLOTHING
THE VOLID CARRY ON	☐ Any medication (if needed)	☐ Men: 1-2 White shirt, tie, slacks, shoes
YOUR CARRY-ON	☐ Glasses/contacts/ solutions (if needed, make	$\ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ $
□ 2 outfits / 2 pairs of underwear	sure to bring extra)	EVERYTHING ELSE!
□ Swimwear / cover-up	☐ Small personal first aid kit (including cold	Sleepwear
☐ Light Jacket/sweatshirt	medicine - DayQuil/NyQuil *HXP will provide an advanced First Aid Kit on	☐ 12-15 pairs of socks
$\hfill \square$ Travel-sized Personal Hygiene products	every trip	\square 16 day supply of underwear
☐ Sleepwear	OPTIONAL ITEMS	☐ 1-2 swimsuits
☐ 1 towel (microfiber/travel)	☐ Camera & charger (remember you will not have	☐ Swimsuit coverup
\square A couple of snacks	your phone)	☐ Sunglasses
□ Camera (optional)	☐ Small Musical Instrument you can play (talent show/ devotionals)	$\ \square$ Flip-flops (to use while showering)
☐ Sunglasses	☐ Compact games (e.g. card games)	$_{\square}$ 1-2 trash bag for dirty clothes
☐ Hiking / walking shoes	□ Compact outdoor games (e.g. frisbee)	
□ Biodegradable sunscreen / insect repellent□ Any prescription needed	☐ Copy of Patriarchal Blessing	LIV







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🕱 WFATHFR

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



MFDICATIONS/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



- 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.
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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/	'electro	lytes for	water
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Small	h	lan.	1/0+

7	Har	nd t	OW	/e

 \neg 5-7 Pairs of long socks for the worksite

A word from the Pros -

- "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"



BUILD PERU PACKING LIST

CLICK HERE FOR OUR AMAZON FINDS

AT THE AIRPORT	BASICS	CLOTHING
☐ Passport	☐ Shampoo / conditioner / soap / razor	WORKSITE ☐ 5-7 Shirts (can get ruined, a long sleeve may be
☐ Wear your HXP Shirt	$\ \square$ Toothbrush / toothpaste / floss	recommended, NO TANK TOPS)
☐ HXP Cotopaxi Gear	□ Deodorant	\square 3-5 pairs of lightweight, long pants (no capris,
HXP Builder Handbook (booklet you received in your packet) and pen	☐ Hairbrush	leggings or shorts allowed on the worksite)
☐ Temple Recommend	\square 1-2 Towels (shower and beach)	Shoes (must cover entire foot, will likely get uined) We strongly recommend bringing
$^\square$ 1 Durable/reusable water bottle	☐ Lotion/ chapstick	rubber boots for working in mud, cement, and al weather types.
$^{\square}$ Copy of any doctor's prescription medicine	☐ Feminine hygiene products (if applicable)	
□ Reading Materials (optional)	☐ Student ID	2 Bandanas and/or hats
Travel size scriptures (remember you won't have your phone)	☐ Flashlight / headlamp	2 pairs of thick work gloves
□ Hand sanitizer	$_{\square}$ Inexpensive, durable watch (remember you will	1 Hard Hat (construction hat)
	not have your phone)	EVENING ACTIVITIES 5-6 casual shirts
□ Sleep aids (e.g. eye masks, ear plugs, neck pillow)	MEDICAL	
□ Pen	☐ Biodegradable sunscreen	$_{\square}$ 2-3 pairs of pants/a belt
☐ Printed flight information		☐ Comfortable walking shoes
☐ Printed copy of Passport Bio page	☐ Bug spray	\square Athletic wear (for a sports activity)
	☐ Hand sanitizer /wet wipes/ Aloe Vera	☐ Light jacket/ sweatshirt/ rain jacket/ poncho
□ Printed copy of Builder Notarized form	$_{\square}$ Fingernail clippers / tweezers	SUNDAY CLOTHING
YOUR CARRY-ON	☐ Any medication (if needed)	☐ Men: 1-2 White shirt, tie, slacks, shoes
2 outfits / 2 pairs of underwear	☐ Glasses/contacts/ solutions (if needed, make	☐ Women: 1-2 knee length skirt/ dress, shoes
	sure to bring extra)	EVERYTHING ELSE!
☐ Swimwear / cover-up	☐ Small personal first aid kit (including cold	☐ Sleepwear
☐ Light Jacket/sweatshirt	medicine - DayQuil/NyQuil *HXP will provide an advanced First Aid Kit on	☐ 12-15 pairs of socks
$\hfill \square$ Travel-sized Personal Hygiene products	every trip	\square 16 day supply of underwear
☐ Sleepwear	OPTIONAL ITEMS	☐ 1-2 swimsuits
☐ 1 towel (microfiber/travel)	☐ Camera & charger (remember you will not have	☐ Swimsuit coverup
\square A couple of snacks	your phone)	☐ Sunglasses
□ Camera (optional)	 Small Musical Instrument you can play (talent show/ devotionals) 	$\ \square$ Flip-flops (to use while showering)
☐ Sunglasses	☐ Compact games (e.g. card games)	$_{\square}$ 1-2 trash bag for dirty clothes
☐ Hiking / walking shoes	□ Compact outdoor games (e.g. frisbee)	
☐ Biodegradable sunscreen / insect repellent	☐ Copy of Patriarchal Blessing	





 $_{\square}$ Any prescription needed



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👺 WFATHFR

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



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Flavor	ing Pac	:kets/e	lectro	lytes f	or wat	er

Flavoring Packets/electrolytes for	water
Small blanket	

\neg	Hand	towel

Peru Inca: Bring a sweater or hoodie, Peru Iquitos: weather is hot/humid

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BUILD URUGUAY PACKING LIST

AT THE AIRPORT	BASICS	2 CLOTHING
□ Passport	☐ Shampoo / conditioner / soap / razor	WORKSITE ☐ 5-7 Shirts (can get ruined, a long sleeve may be
☐ Wear your HXP Shirt	☐ Toothbrush / toothpaste / floss	recommended, NO TANK TOPS)
☐ HXP Cotopaxi Gear	□ Deodorant	$\ \square$ 3-5 pairs of lightweight, long pants (no capris,
HXP Builder Handbook (booklet you received in your packet) and pen	☐ Hairbrush	leggings or shorts allowed on the worksite)
☐ Temple Recommend	$\ \square$ 1-2 Towels (shower and beach)	Shoes (must cover entire foot, will likely get ruined) We strongly recommend bringing
$^{\square}$ 1 Durable/reusable water bottle	☐ Lotion/ chapstick	rubber boots for working in mud, cement, and al weather types.
$^{\square}$ Copy of any doctor's prescription medicine	☐ Feminine hygiene products (if applicable)	• ,
☐ Reading Materials (optional)	☐ Student ID	2 Bandanas and/or hats
Travel size scriptures (remember you won't have	☐ Flashlight / headlamp	2 pairs of thick work gloves
your phone) Hand sanitizer	$_{\square}$ Inexpensive, durable watch (remember you will	1 Hard Hat (construction hat)
	not have your phone)	EVENING ACTIVITIES 5-6 casual shirts
□ Sleep aids (e.g. eye masks, ear plugs, neck pillow)	MEDICAL	☐ 2-3 pairs of pants/a belt
□ Pen	□ Biodegradable sunscreen	
\square Printed flight information	□ Bug spray	☐ Comfortable walking shoes
□ Printed copy of Passport Bio page		\square Athletic wear (for a sports activity)
☐ Printed copy of Builder Notarized form	☐ Hand sanitizer /wet wipes/ Aloe Vera	☐ Light jacket/ sweatshirt/ rain jacket/ poncho
Printed copy of Builder Notarized form	☐ Fingernail clippers / tweezers	SUNDAY CLOTHING
∭ YOUR CARRY-ON	\square Any medication (if needed)	☐ Men: 1-2 White shirt, tie, slacks, shoes
2 outfits / 2 pairs of underwear	\square Glasses/contacts/ solutions (if needed, make	☐ Women: 1-2 knee length skirt/ dress, shoes
□ Swimwear / cover-up	sure to bring extra)	EVERYTHING ELSE! □ Sleepwear
☐ Light Jacket/ sweatshirt	 Small personal first aid kit (including cold medicine - DayQuil/NyQuil 	\square 12-15 pairs of socks
☐ Travel-sized Personal Hygiene products	*HXP will provide an advanced First Aid Kit on every trip	\square 16 day supply of underwear
□ Sleepwear	OPTIONAL ITEMS	☐ 1-2 swimsuits
☐ 1 towel (microfiber/travel)	☐ Camera & charger (remember you will not have	☐ Swimsuit coverup
☐ A couple of snacks	your phone)	☐ Sunglasses
□ Camera (optional)	☐ Small Musical Instrument you can play (talent show/ devotionals)	$\ \square$ Flip-flops (to use while showering)
☐ Sunglasses	☐ Compact games (e.g. card games)	$_{\square}$ 1-2 trash bag for dirty clothes
☐ Hiking / walking shoes	□ Compact outdoor games (e.g. frisbee)	
□ Biodegradable sunscreen / insect repellent□ Any prescription needed	☐ Copy of Patriarchal Blessing	LIV







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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)



MEDICATIONS/VACCINES

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_ F	lavoring	Packets,	[/] electro	lytes for	water
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A word from the Pros -

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