

JAPAN TEACH PACKING LIST

CARRY-ON/BACKPACK

Pack everything you'll need for your first sightseeing weekend in your fanny pack and carry-on or backpack (feel free to use your Cotopaxi backpack). Your checked bag won't be accessible until after the weekend, so travel light and bring only the essentials for exploring the city!

FANNY PACK

- ☐ Passport
- ☐ Hand sanitizer & chapstick
- ☐ Pen
- ☐ Camera (optional)
- ☐ Phone (for domestic travel)

BACKPACK

- ☐ HXP Builder Handbook (booklet you received in your packet)
- ☐ Durable/reusable water bottle, one that keeps water cold!
- ☐ Travel-size Bible & Book of Mormon (we recommend ALL books!)
- ☐ Pencil bag - include any pens/pencils for journaling & scripture study
- ☐ Sleep aids - examples: eye mask, ear plugs, neck pillow
- ☐ Light jacket/sweatshirt (pack here for the plane. If not, pack in carry-on)
- ☐ Sunglasses (optional)
- ☐ Cell phone charger (for domestic travel)
- ☐ Camera charger
- ☐ Reading materials (optional)
- ☐ Compact games (optional) - examples: card games, dice, etc.
- ☐ Wallet (see below)
- ☐ Folder (see below)

WALLET

- ☐ Temple recommend
 - ☐ Debit card/cash (we will mostly use cards, let your bank know)
 - ☐ Student ID &/or Drivers License
- Pro tip: keep your ID separate from your passport in case one gets lost.
Example: wallet in your backpack & passport in your fanny pack.

FOLDER

- ☐ Printed copy of flight information to & from the meetup airport
- ☐ Printed copy of your passport bio page (the page with your headshot)
- ☐ Printed copy of your notarized Builder form (found on portal)
- ☐ Printed copy of any doctor's prescribed medication (if applicable)
- ☐ Printed copy of your Patriarchal Blessing (if you have one)

CLOTHING

- ☐ 3 outfits & 3 pairs of underwear
- ☐ 1 swim suit & cover up attire
- ☐ Sleepwear
- ☐ Hiking/walking shoes
- ☐ 3 pairs of socks
- ☐ 1-2 hats (optional - can also be packed in your checked bag)

SUNDAY CLOTHING

- ☐ Men: 1-2 white short sleeve shirts, a tie, slacks, belt, shoes
- ☐ Women: 1-2 dresses or skirts, shoes

TOILETRIES

- ☐ Toothbrush, travel-sized toothpaste, floss
- ☐ Deodorant & travel-sized body spray
- ☐ Hairbrush
- ☐ Travel-size shampoo, conditioner, soap, lotion, & razor
- ☐ Shower shoes - examples: waterproof sandals, flip flops, etc.
- ☐ Travel-sized face wash & face lotion or face wipes
- ☐ Feminine hygiene products (if applicable)
- ☐ Glasses/contacts (if applicable)

MISCELLANEOUS IN CARRY-ON

- ☐ Any prescription medication needed, bring the amount for the full trip! (Japan has strict regulations regarding Adderall. If you plan to bring this medication, please contact the HXP office in advance.)
- ☐ Your favorite snacks (trust us, you will want some)
- ☐ 1-2 towels (beach & bath towel - be sure they are light & can dry easily)
- ☐ Travel-sized biodegradable sunscreen & bug spray
- ☐ Poncho, rain jacket, or umbrella (or you can buy one there)

SET OUT THE NIGHT BEFORE

- ☐ HXP T-Shirt
- ☐ Comfortable travel pants
- ☐ Shoes & socks
- ☐ Durable/inexpensive watch (remember: you will not have your phone)

CHECKED BAG

CLOTHING

- ☐ 5-7 casual shirts
 - ☐ 3-5 pairs of shorts/pants/sweats (need long pants for the project)
 - ☐ Athletic wear (for a sports activity)
 - ☐ 1-2 sweatshirts
 - ☐ Comfortable walking shoes/athletic shoes
 - ☐ 1 pair of slippers to wear inside the school
- Quick note: look at your shoes (airport, worksite, evening activity, hiking/walking, Sunday, & shower shoes). Double up if you can. Be sure to have at least one pair of close-toed shoes.

MISCELLANEOUS IN CHECKED BAG

- ☐ 7-10 pairs of socks
- ☐ 16 day supply of underwear
- ☐ Sleepwear
- ☐ Handheld fan (trust us)
- ☐ 1-2 trash bags (use these to pack your dirty clothes)
- ☐ Ziplock bags for snacks
- ☐ Small musical instrument (optional)
- ☐ Handheld fan or mini towel for the heat (optional)
- ☐ Travel hand-towel (optional)
- ☐ Flashlight &/or headlamp
- ☐ Compact outdoor games (optional) - examples: frisbee, small ball, etc.
- ☐ Travel-sized clothing refresher spray (optional)

MEDICAL

- ☐ Full-size biodegradable sunscreen & full-size bug spray
 - ☐ Aloe Vera, additional hand sanitizer, & wet wipes
 - ☐ Glasses/contacts/contact solution (if needed, be sure to bring extra)
- Pro tip: put all liquid-based items in a ziplock bag to prevent spills.
- ☐ Additional feminine hygiene products (if applicable)
 - ☐ Liquid IV packets
 - ☐ Small personal first aid kit - include band-aids, Neosporin, Ibuprofen, DayQuil, NyQuil, tums/pepto, anti-itch cream, nail clippers, & tweezers.
- Note: HXP will provide an advanced first aid kit on every trip.

REMINDERS

- ★ There is free laundry available on this trip so pack light.
- ★ As per our No Trace Trips, everything you bring you will take home!

JAPAN TEACH PACKING LIST

TIPS FROM YOUR EXPERIENCE DESIGNER

These are items that your Experience Designer (trip planner) has stated are necessary for your specific trip. We recommend you take the following:

- ☐ Lanyard for JR rail passes
- ☐ Umbrella (or you can buy there)
- ☐ Pillows are like bean bags so feel free to bring your own
- ☐ Slippers to wear everyday inside the school (it can be any shoe that has never been worn outside, *must wear socks with slippers)

DO NOT BRING

- ☐ Laptops, iPads, iPods, Kindes
- ☐ Video games, Nintendo Switch
- ☐ Apple Watch, smart watches
- ☐ Expensive clothing & jewelry
- ☐ Hair appliances (curling iron, flat iron, etc.)

DRESS CODE

We don't have a drop-dead clothing regulation. Across all our trips, we want Builders to be comfortable doing all activities they will participate in while being respectful to the people and cultures we interact with.

LOCATION

For Japan specifically, the culture of clothing is more conservative. This is especially important at the school.

SERVICE-SITE

At the school, we ask that Builders wear long pants, short/long sleeve shirts, and socks. It is not culturally appropriate to go without socks at the school.

SWIMWEAR

Our biggest thing with swimsuits is we do a lot of active things, so just make sure Builders pick a suit they are comfortable running, swimming, & doing water activities in.

BAGGAGE REQUIREMENTS

BAGGAGE & PERSONAL ITEM

For baggage requirements, check the flight information tab on your portal. This will go live 90 days before your trip departure.

Use your Cotopaxi backpack for your personal item.

HELPFUL TIPS

TRIP SPECIFIC VACCINES/MEDICATIONS

We encourage every Builder to look at the CDC website for the recommended vaccines and medications of the locations they are traveling to. Please review that page and talk with your doctor or a travel clinic to decide if you want any additional vaccines or medication.

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 can be limited. Please plan accordingly & pack any snacks you might need.

Recommendations: trail mix, granola and/or protein bars, peanut butter, fruit snacks, dehydrated fruit, crackers, mini cereal boxes, drink mixes/flavorings.

PACKING TIPS FROM OUR BUILDERS:

"I wish I would have brought all scripture books, sunglasses"

"I didn't need all the clothes I packed, and I could've bought stuff there."

"bring a pillow, lanyard, more sweatshirts, a light rain jacket or compact umbrella"

"i recommend not brining a curling iron or straightener since humidity will flatten and frizz your hair immediately"

"Put an AirTag in luggage to track, 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"

*Remember you know yourself best! Pack what you know you will need.