

NEPAL PACKING LIST

PERSONAL ITEMS

Use your HXP Cotopaxi gear as your personal item for travel.

Pro tip: it is helpful to bring both a fanny pack & a backpack as personal items. Some airlines will require your fanny pack to be in your backpack for the flight, so be sure to save room!

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 (you will need BOTH)
- Pencil bag - include any pens/pencils for journaling & scripture study
- Sleep aids - examples: eye mask, ear plugs, neck pillow
- Sweatshirt (pack here for the plane. If not, pack in carry-on)
- Sunglasses (optional)
- Cell phone charger (for domestic travel)
- Camera charger & outlet adapter to your country
- Reading materials (optional)
- Compact games (optional) - examples: card games, dice, etc.
- Wallet (see below)
- Folder (see below)

WALLET

- Temple recommend
- Debit card (Be sure to write your pin in your journal!)
- Cash (we recommend having \$50-\$200)
- 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)

CARRY-ON

You will pack everything for your first sight-seeing weekend in your carry-on. You will likely not have access to your checked bag until after this weekend. Please pack accordingly!

CLOTHING

- 3 outfits & 3 pairs of underwear
- 1-2 swim suits & cover up attire
- Sleepwear
- Hiking/walking shoes (tevas/chacos work great!)
- 3 pairs of socks
- 1-2 hats (optional - can also be packed in your checked bag)

TOILETRIES

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

MISCELLANEOUS IN CARRY-ON

- Any prescription medication needed (bring the amount for the full trip)
- Your favorite snacks (trust us, you will want some)
- 2 towels (beach & bath towel - be sure they are light & can dry easily)
- Travel-sized biodegradable sunscreen & bug spray
- Flashlight &/or headlamp (optional)
- Poncho or rain jacket (optional)
- Compact outdoor games (optional) - examples: frisbee, small ball, etc.

SET OUT THE NIGHT BEFORE

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

REMINDERS

- ★ You will have the option to do laundry once during the trip (covered by HXP). If you would like to hand-wash your clothes on your own, you are welcome to bring your own laundry soap.
- ★ As per our [No Trace Trips](#), everything you bring you will take home!

CHECKED BAG

WORKSITE CLOTHING

- 5-8 shirts that can get ruined (NO TANK TOPS ALLOWED)
- 3-4 lightweight, long pants that can get ruined (no capris, leggings, or shorts allowed)
- Shoes that cover your ENTIRE foot (we recommend rubber boots)
- 3-5 bandanas (optional)
- 2 pairs of thick work gloves
- 1 hard hat (construction hat)
- Safety glasses

EVENING ACTIVITY CLOTHING

- 5-7 casual shirts
- 2-3 pairs of pants/shorts
- Athletic wear (for a sports activity)
- An additional light jacket/sweatshirt
- Comfortable walking shoes/ athletic shoes

Quick note: look at your shoes (airport, worksite, evening activity, hiking/walking, Sunday, & shower shoes). Double up if you can.

SUNDAY CLOTHING

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

MISCELLANEOUS IN CHECKED BAG

- 12-15 pairs of socks
- 16 day supply of underwear
- Sleepwear
- 1-2 trash bags (use these to pack your dirty clothes)
- Small musical instrument (optional)
- Travel-sized clothing refresher spray (optional)
- Handheld Mirror (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.

NEPAL 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:

- Tissue packets (for toilet paper)

DO NOT BRING

- Laptops, iPads, iPods, Kindle
- 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

In Nepal, the culture is very conservative regarding clothing. It is required that Builders wear long loose pants for sightseeing activities. Avoid tight clothing and be sure to cover up as much as possible.

WORKSITE

On the worksite, we ask that Builders wear long pants & short/long sleeve shirts for safety purposes.

SWIMWEAR

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, & doing water activities in.

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

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"

"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"

"definitely bring a watch! most of the time you have no idea what time it is and its really helpful!"

"more casual shirts because all of my shirts got sweaty the first 5 days"

"More wet wipes and a handheld mirror!"