

OBX NORTH CAROLINA 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

- Hand sanitizer & chapstick
- Pen
- Camera (optional)
- Phone (for travel to meet-up airport)

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 journalingscripture study
- Sleep aids - examples: eye mask, ear plugs, neck pillow
- Light jacket/sweatshirt
- Sunglasses
- Cell phone charger (for domestic travel)
- Camera charger & outlet adapter to your country (if applicable)
- Compact games (optional) - examples: card games, dice, etc.
- Wallet (see below)
- Folder (see below)

WALLET

- Temple recommend
- Debit card & cash (we recommend having \$50-\$200)
- Student ID &/or Drivers License

FOLDER

- Printed copy of flight information to & from the meetup airport
- 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)

CHECKED BAG

CLOTHING

- 12 pairs of underwear
- 12 pairs of socks
- 7-10 shirts
- 3-4 pairs shorts/sweats
- athletic wear (for a sports activity)
- 2-3 swim suits & cover up attire
- Sleepwear
- Hiking/walking shoes (tevas/chacos work great)

TOILETRIES

- Toothbrush, travel-sized toothpaste, floss
- Deodorant & travel-sized body spray
- Hairbrush/comb
- Travel-size shampoo, conditioner, soap, lotion, razor
- Shower shoes - examples: slides, flip flops, etc.
- Travel-sized face wash & face lotion or face wipes
- 2 towels (beach & bath towel - be sure they are light & can dry easily)
- Feminine hygiene products, if applicable

OPTIONAL

- Any prescription medication needed (bring the amount for the full trip)
- Your favorite snacks (trust us, you will want some)
- 1-2 trash bags (use these for dirty clothes)
- Poncho/rain jacket
- Flashlight or headlamp
- Compact outdoor games - example: frisbee, small ball, spikeball, etc.
- Small musical instrument
- Reading materials for plane
- 1-3 bandanas
- 1-2 hats

WORKSITE CLOTHING

- 5 shirts that can get ruined (NO TANK TOPS ALLOWED)
- 2-3 lightweight, long pants that can get ruined (no capris, leggings, or shorts allowed)
- Shoes that cover your entire foot (will likely get ruined)
- 2 pairs of thick work gloves
- 1 hard hat (construction hat)
- Safety glasses

SUNDAY CLOTHING

- Men: 1 white shirt, a tie, slacks, belt, shoes
- Women: 1-2 dresses/skirts, shoes

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 & put some in your carry-on) Pro tip: put all liquid-based items in a ziplock bag to prevent spills.
 - Additional feminine hygiene products (if applicable)
 - Liquid IV/electrolyte 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.

SET OUT THE NIGHT BEFORE

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

REMINDERS

- ★ You will not be able to do laundry during the trip.
- ★ As per our [No Trace Trips](#), everything you bring you will take home!

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TIPS FROM YOUR PROGRAM DESIGNER

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

- Mosquito spray
- Water shoes (tevas/chacos work great)

DO NOT BRING

- Laptops, iPads, iPods, Kindle
- Video games, Nintendo Switch
- Apple Watch, smart watches
- Expensive clothing & jewelry

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

Plan for hot weather but bring sweatshirts and rain jackets for nights and rainy days.

WORKSITE

On the worksite, builders should wear long pants and short or long sleeve shirts for safety and protection.

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.

BAGGAGE REQUIREMENTS

BAGGAGE & PERSONAL ITEM

For baggage requirements, check your specific airline.
Use your Cotopaxi backpack for your personal item.

HELPFUL TIPS

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"
- "definitely bring a watch! most of the time you have no idea what time it is and its really helpful!"
- "It was nice to have athletic wear/sweats for after the worksite"
- "more casual shirts because all of my shirts got sweaty the first 5 days"
- "Extra socks for the worksite and activities after"
- "Just an extra towel"
- "More junky shirts, more shorts"

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