

buildOn TREK

Trek Packing List

Things to keep in mind:

- Leave ALL valuables at home; buildOn is not responsible for any lost or stolen items.
- Clothes should be lightweight and fast drying.
- You will be getting dirty every single day.
- You will have the opportunity to hand-wash clothes.
- Read through the weather guide on the previous page to check the weather averages for the time you will be on Trek.
- We strongly discourage purchasing new clothes and equipment for this trip!
- LESS IS MORE, please limit your packing!

On a Cultural Note:

Community members who live in the rural part of the country dress and act more conservatively in accordance with religious and cultural traditions. We, as visitors, will respect the modest dress code.

- No strappy tank tops
- No tight-fitting clothing
- No shorts or leggings
- All shirts must cover your stomach and undergarments at all times
- On a safety note, you must always wear something on your feet

Whatever you pack, you should be able to carry (not wheel) for ½ mile!

Carry-On Bag

- One Form of I.D. (other than your passport)
- 1-2 empty 1-liter (32 oz.) durable, wide-mouthed water bottle(s)
- Money (we will convert USD to local currency in-country)
- Malaria medication and any other prescription medications
- Watch
- Basic Toiletries (toothbrush, feminine products, etc.) ALL toiletries over 3 ounces should go in your checked bag!
- 1 set of clothes (in case your checked bag is lost)
- Jacket or long sleeve t-shirt (airplanes can be chilly)
- Sunglasses
- Reading material or deck of cards for the plane or layover in airport
- Personal camera w/ extra batteries
- Flashlight w/ extra batteries (headlamps or wind-up flashlights are best)
- 2 small carabiners (optional – to hook water bottle or camera to belt buckle)



All liquids, gels and aerosols must be in three-ounce or smaller containers. Larger containers that are half-full or toothpaste tubes rolled up are not allowed. **Each container must be three ounces or smaller.**

All liquids, gels and aerosols must be placed in a single, zip-top, clear plastic bag. Bags that are not zip-top such as fold-over sandwich bags are not allowed. **Each traveler can use only one, zip-top, clear plastic bag.**

Checked Bag

- 2 pairs of lightweight pants for work (these will get very dirty) **No shorts!**
- 1 pair of lightweight pants for hanging out around the community. **No shorts!**
- 1 ankle length skirt (optional)
- 5 t-shirts (3 for getting dirty on the worksite & 2 for travel)
- Outfit for final dinner (something you keep clean!)
- 1 pair of sweatpants/pajama pants for sleeping
- 5 pairs of cotton underwear
- 5 pairs of socks
- 2-4 bras (including 1-2 sports bras) for girls
- Reusable Poncho or rain jacket
- Sneakers (these will get dirty!)
- Flip Flops (for bathing)
- Work Gloves
- Hat, Visor or Bandana
- Gift for your Host Family (see "Host Family Gifts")
- Small Bath Towel
- 2 Sheets for sleeping or sleeping bag and sheet for cooler months
- Small sleeping pad (optional – buildOn will provide something to sleep on, but it may be a hard surface)
- Small pillow (optional – you can always roll up a sweatshirt)
- Toiletries over 3 oz. (toothbrush, toothpaste, soap, deodorant, shampoo, feminine products)
- 2 Rolls of toilet paper (3 for females)
- Hand sanitizer or baby wipes (optional)
- Sun Block (SPF 30 or higher)
- Insect repellent with at least 30% DEET (NO aerosol spray cans)
- buildOn Trek Guide and Personal Journal
- Battery operated alarm clock (if your watch doesn't have an alarm)
- Powdered Gatorade or liquid water enhancers to flavor water
- 1 Additional durable and wide-mouthed water bottle (1 liter)
- Light drawstring bag to carry items around village (could use carry-on bag)
- Small Ziploc of powdered laundry detergent or laundry soap tablets
- 2-3 Extra gallon zip lock bags for garbage
- 2-3 Extra plastic grocery bag for dirty laundry
- Small combination lock for bag- avoid key locks if possible due to lost keys (recommended)



Remember, if you are buying new items to take on Trek (such as disposable cameras, toothpaste, or baby wipes), unwrap them before packing. The items will take up less space and, more importantly, you will have less trash to pack out of the village. Anything we bring in, comes out with us!

The exceptions to this rule is used toilet paper and feminine products.

Additional Items Per Country

Guatemala and Nicaragua

- Knee-high rain boots (available in-country but difficult to find sizes over male 10)

Nepal

- Warm Knit Hat/Beanie and Winter Gloves

*If you have questions please refer to your Trek Guide and ask your Trek Specialist