

# Packing List

## Essential

If you have these things then you should be OK.

- Passport w/ visa
- Money, travelers' checks and/or ATM cards.
- Plane tickets

## Medical

- Medical insurance documents
- Prescription medicines
- First aid kit
- Pain reliever such as Aspirin
- Cold/Sinus medication
- Diarrhea medicine and laxative
- Insect repellent
- Sunscreen

## Bathroom and Drug Store Products

You should bring any of your favorite products from a drug store. You may be able to find them in China, but it might take you a while.

- Deodorant
- Perfume or cologne
- Face cream
- Shaving cream
- Condoms and/or other contraceptive
- Toilet paper (just put a little bit in your backpack)
- Hand sanitizer
- Toothbrush and toothpaste
- Dental floss
- Lip balm
- Comb/brush
- Blow dryer (see electrical below)
- Towel and washcloth
- Earplugs (China can be a noisy place)
- Contact lens and lens solution

## Bags

- Backpack
- A small pack to hang from your shoulder or waist.
- Obviously, don't forget your luggage.
- Luggage locks and ID tags. (If a locked bag is checked they make break the lock).

## Clothing – Summer and Swimming

- Shorts
- Swim outfit. Chinese swim trunks can be really short and Chinese bathing suits may be

too small.

- Sunglasses
- Sunscreen
- Sandals
- Water
- Hat

#### Clothing - Cold weather

Don't consider indoor heating a necessity. Depending on where you go you may find that houses, shopping centers and restaurants are without indoor heating or else with heating that is not turned up very high.

- Warm winter jacket.
- Long Johns.
- Undershirts.
- Sweaters.

#### Portable Electronics

- Camera.
- MP3 player
- Unlocked cell phone. CDMA 900 and 1800 as well as GSM 900 and 1800 are supported in parts of China.
- Palm pilot
- Laptop
- Gameboy or other handheld videogame system. (Makes the plane ride go faster)
- Batteries
- Flashlight

#### Electrical

**(Keep in mind that no matter what type of plug an outlet might accept, voltage in China is 220V 50 Hz)**

- Plug in adapter
- Voltage converter
- Surge protector



Kinds of outlets found in China

#### Other

- Binoculars
- Games or playing cards
- Reading materials
- Written copy of the phone number(s) for lost or stolen credit cards. (check with your card provider)
- Photocopies of documents such as your passport/visa, medical immunization records, medical insurance, glasses prescription, plane tickets or any other important documents. Remember to put these somewhere separate from the originals.