



PACKING LIST

Essentials: Things that you CANNOT leave home without!!!

- Prescription Medication (at least a year's supply)
- **Passport Passport Passport Passport**
 - Credit card information
 - **Visa**
 - Front page of your passport
 - Letter of Invitation
 - Travel itinerary
 - Insurance Card
- **Make sure your bank knows you are going to China!**
- A couple of Expertise Education staff's email addresses and phone numbers in case of travel delays or emergency.
- **LUGGAGE - An Over-packer ALWAYS Regrets It**
- Check your airline's weight, size, and quantity restrictions for checked and carry-on baggage
- Most airlines allow:
 - Two checked bags weighing no more than fifty pounds/twenty seven kilograms each
 - One carry-on bag and one personal item
- Pack essentials (medicines, important documents, laptop, bubblegum) into a sturdy backpack to carry-on
- **Toiletries - You May Want To Bring These in Your Carry-On**
- Normal toiletry items include:
 - Toothbrush/paste, other dental hygiene products
 - Eye drops for contacts
 - Don't forget the contact case!
 - Bar of soap
 - Shampoo (travel sized)
 - Travel hand sanitizer
 - Tampons (very hard to find, pads are readily available)
- Other items that you might want to bring



- A Basic First-Aid kit
 - Band-Aids, Neosporin, etc
- Multi-vitamins
- Vitamin C
- **Pepto-Bismol (chewable tablets)**
- Tums
- Anti-histamines
- Tylenol/Advil

PRESCRIPTION MEDS

- Bring either a year's worth of prescription medications or enough to last a few months until you can visit a doctor and be prescribed more
- GIRLS: If you take birth control pills, ask your doctor to write a year worth of refills on one prescription

Electronics : **Best Packed in Carry-On Luggage**

- Laptop
 - Tip: Make sure your laptop is safely secured
 - Bring microphone/web if laptop isn't equipped with one
 - Double check if you have all of the cords
 - Convertors are not normally a problem, but make sure that your batter can handle 220 Volts at 50 Hearts (usually located on the back of the power supply)
- Camera
- iPod/Mp3 Player

Clothes and Misc

You do not want to pack your entire closet. It's best to try to fit things into one large and, if necessary, one smaller suitcase. Remember, if you forget something, they probably sell it here or you could have it tailor-made!

- Beijing has 4 distinct seasons, so make sure your bring:
 - Winter coat
 - Warm socks
 - Long underwear
 - Boots/or other out-door shoes
 - Comfortable clothes
- Bed sheets



- For a double twin sized mattress. You will be able to buy more bedding supplies after you arrive, but it's best to have an extra just in case.

LEAVE AT HOME

- Social Security card
- Birth Certificate
- Traveler's Checks (they're a hassle to cash)
- Fine jewelry
- Hair Dryer (they almost always short circuits)
- Tons of make-up

Items readily available in China

- Socks
- Most OTC medicines
- Soaps and shampoos
- Stationary (notebooks, pens, pencils)
- Toothbrushes & toothpastes
- Nail clippers
- Electronics are available, but, contrary to popular belief, aren't crazy cheap

In Brief

- Bring your PASSPORT with VISA.
- Toiletries, Prescription Medicine, Electronics
- Many items are available in China. Do not over pack!
- Leave things like Birth Certificate and fine jewelry at home

For More Info on China Please Consult the US STATE DEPARTMENT CHINA TRAVEL

PAGE http://travel.state.gov/travel/cis_pa_tw/cis/cis_1089.html