

Suggested Packing List (Student)

Items to be turned in at your last pre-trip meeting:

1. Passport
2. Any prescription medication you may need during the trip. For example, motion sickness medications, inhaler, antibiotics, etc.**
3. Care-pack fits in a gallon-size Zip-Lock bag (if you want to bring your own): Band-aid, Neosporin, Tylenol, anti-diarrhea medication (pills, not liquid), etc.**

Carry-on luggage, all in **one backpack** (to be use for all outings during the trip):

1. **Binder** (with all the travel information in it), pencils
2. Spending money (we suggest no more than \$100.00 USD)
3. Collapsible hat
4. Sunglasses or glasses if needed
5. Digital camera (and charger) or camera (film), See the check-in section #9
6. Snacks, travel games, reading materials, etc.

Check-in luggage (**one luggage** with wheels and light enough for you to pull during the entire trip, no one will carry your luggage, you are on your own):

1. Clothing for a week
2. Formal attire (for visiting local government officials)
3. Sleep attire (something that you don't mind others see you wear)
4. **Anti-bacteria wipes**, travel-size Kleenex,
5. Toiletries **
6. Washcloth, bath towel
7. Slippers (water-proof type) for dormitory and shower
8. OFF (mosquito spray), sun blocks
9. Voltage converter if using electronic devices in China

Do Not Bring:

1. Irreplaceable or valuable items.
2. Expensive jewelry
3. Firearms, weapons, illegal substances (**use of narcotics in the People's Republic of China is a capital offense**), or anything illegal in the US **

** Please check following web sites for the latest updated information regarding air-travel restrictions and regulations:

www.tsa.gov

www.tsa.gov/travelers/airtravel/prohibited/permitted-prohibited-items.shtm