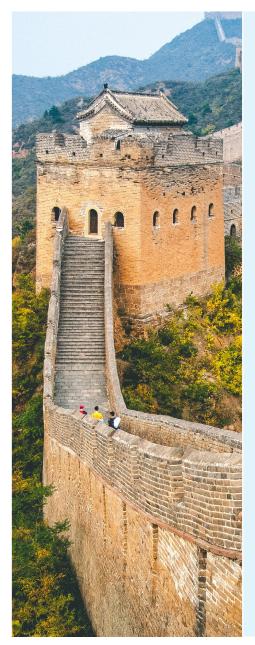


Your trip to China is just around the corner.

Along with a healthy dose of excitement, here's what you'll need to bring.



Clothing and accessories

- Comfortable walking shoes
- \bigcirc Long and short-sleeved shirts
- Shorts
- O Pants/jeans
- \bigcirc Socks and underwear
- Sweatshirt
- 🔘 Pajamas
- O Hat (for sun protection)
- O Raincoat/poncho or umbrella
- Sunglasses
- Watch
- Small daypack
- Travel pillow
- O Sleeping mask
- Earplugs
- O Reusable water bottle
- Power adapter (the most common power outlets in mainland China are type A and type I with a standard voltage of 220V. The most common in Hong Kong is type G with a standard voltage of 220V.)
- Conservative clothing if visiting with local students

Documents

- O Passport and copy of passport
- Visas
- Copy of itinerary (including hotels, flights, and EF emergency number)
- O Copy of any necessary prescriptions
- List of contacts and addresses (to send postcards home!)

Money

- U.S. dollars (Money exchange is necessary as USD cash is only accepted for tipping. You can withdrawal Yuan from an ATM at the airport or exchange USD for Yuan at a main bank. Bring what you think you'll need.)
- ATM/debit card as back up (notify your bank prior to departure)
- Personal credit card (notify your bank prior to departure)
- Secure pouch for storing money and passport

Toiletries

- O Toothbrush and toothpaste
- O Dental floss
- Shampoo/conditioner
- 🔘 Soap
- O Deodorant
- O Hairbrush/comb
- O Nailcare
- O Bug spray and mosquito bite ointment
- O Extra contact lenses/glasses
- Medications (Be sure to carry them with you on the plane and keep them in the original container. A customs official may want to check that the container's contents match its label.)
- Wet wipes or antibacterial hand sanitizer

Travel tips:

- Pack light—you'll be responsible for loading your own luggage on and off buses (one small carry-on and your EF backpack should be enough)
- Pack valuables, medications, and an extra change of clothes in your EF backpack as a carry-on
- Keep in mind, many airlines now charge for additional luggage