



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
- Long and short-sleeved shirts
- Shorts
- Pants/jeans
- Socks and underwear
- Sweatshirt
- Pajamas
- Hat (for sun protection)
- Raincoat/poncho or umbrella
- Sunglasses
- Watch
- Small daypack
- Travel pillow
- Sleeping mask
- Earplugs
- 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

- Passport and copy of passport
- Visas
- Copy of itinerary (including hotels, flights, and EF emergency number)
- 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 withdraw 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

- Toothbrush and toothpaste
- Dental floss
- Shampoo/conditioner
- Soap
- Deodorant
- Hairbrush/comb
- Nailcare
- Sunscreen
- Bug spray and mosquito bite ointment
- 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