

Dear Parents,

Some of you may feel uncertain of what personal items you will need to pack for your trip to China. Here are some wonderful packing tips from previous Great Wall families. They were kind enough to write out lists of what they packed and what was useful for their trips. I hope this information will be beneficial to you all! For more tips on packing lightly, please visit <http://www.onebag.com>.

For Your Information:

Pack as light as possible. You will be much happier, as porters and luggage carts are not always available. Make sure you can carry everything comfortably, including your child (if your child is an infant). You will be allowed to have a diaper bag when you are traveling if your baby is under two years old. If your child is older than two, he/she will be allowed the same baggage limitations as an adult, for you are paying the airline for their seat.

Each paying passenger should be traveling with no more than one carry on piece of luggage and one checked bag. The checked bag may not weigh more than 44-lbs. (If you are booking your International flight with China Southern, please verify with Delight Travel or your booking agent on this airline's luggage requirements.)

Another suggestion: if more than one person is traveling, divide items up so that your clothes and other travel items are scattered throughout your luggage in case some of your luggage is delayed.

Suggested packing list for parents:

- Passport/Visa
- Driver's license
- Airplane tickets
- Intra-China Itinerary
- money, credit cards and traveler's checks
- Money belt or under-the-clothes wallet
- All-important documents in a binder/expandable zippered file or paper organizing system (review the GWCA checklist and make sure you have everything you need)
  
- Phone numbers/email addresses for:

*Great Wall Emergency Phone Number  
Your China Guide contact information*

*Friends/family*  
*Insurance company*  
*Airline Customer Service / Travel Agent*

You should bring:

- Four or Five sets of clean clothes and undergarments (bring clothes that are easy to launder)
- Pajamas
- A good pair of walking shoes (prefer close-toed) and 5-6 pairs socks
- Toiletries:
  - Shampoo/Conditioner
  - Unscented Lotion
  - Unscented Deodorant/antiperspirant
  - Unscented shampoo (if you can find it) and unscented soap/body wash (Aveeno makes a good one)
  - Glasses/contacts & extra sets/solution
  - Hair products
  - Hair dryer—Leave it at home; all the rooms have them
  - Makeup—anything you can live out, don't pack it
  - Shaving supplies
  - Toothbrush/floss/toothpaste
  - Feminine hygiene supplies
  - Pocket packs of tissues/travel Charmin toilet paper (keep with you at all times)
  - Nail clippers- be sure they are in your checked luggage
  - antibacterial hand sanitizer
  - Lip balm
  - Sunscreen
  - Leave smelly perfume at home; some people are sensitive to the smell
- Medicines (over-the-counter and prescription; keep them in the original labeled bottles)
- Travel journal, travel straps, small pad of paper, pens, spiral, zip lock bags to keep items for your child's scrapbook, small amount of office supplies such as pens, white-out, sticky notes, scotch/Duct tape
- Paper towels, plastic grocery bags (for smelly diapers), snack size for leaking bottles
- Power/snack bars, packaged plastic ware (unless you're good with chopsticks)
- Watch with an alarm and/or travel alarm clock
- Money belt or under-the-clothes wallets
- Camcorders, camera and film, memory cards, extra batteries, power strip, CD-R/RW disks to back up data, Electric current converter/plug adapter kit (220 volt AC/50 Hz for China)

- Folgers coffee singles and gallon-size Ziplocks
- Thank you cards and/or red envelopes for tipping
- Umbrella, sunglasses, hat, insect repellent (in summer time)
- Clorox wipes travel packs, Shout wipes, Wet wipes, fanny packs (please do not pack any valuables in the fanny pack)
- Bubble wrap (for packing souvenirs—unroll it and pack it flat on the bottom of the suitcase)
- Inflatable neck pillows for plane
- Small diaper bag to use on the plane on the way home (something that folds easily into suitcase on the way over)
- Small sewing kit & first aid kit
- Calculator (for currency conversion)
- Small American flag (for pictures)
- Whatever else you feel you will need
- Make sure to have suitcases with wheels. You will be able to purchase suitcases in Guangzhou upon returning. They are very inexpensive to buy in China. Keep in mind, the lighter the better! If you have questions on this please call your airline for more information.

#### Packing for your child:

- Please remember you will be able to purchase just about anything you will need for you child while you are in China- If you bring clothes for your child, they may not fit him/her. Buy clothes while in China, they have great deals on clothes and shoes for children.
- Rice cereal and some soy base powdered formula- Not too much is needed; you will be able to purchase in China what your child is used to eating. Try to keep your baby on the same diet, or as close to the same diet, as the baby is used to.
- Scoop from a container of American formula so you can measure formula in China. (Many Chinese containers of formula do not include measuring scoops)
- Baby Tylenol; Baby Motrin, Benadryl, Dimetapp, and a dosage spoon
- Cloth baby books (keep washing them, the softer the better)
- Asian Dreamland lullabies CD (Whole Foods) & other music
- Small briefcase thermos (for keeping water hot to make formula)
- Tongs or something to pluck nipples out of boiling water
- Liquid dish soap (for washing baby bottles and baby dishes)
- 1 dozen diapers, and at least 3 bottles with plastic liners and bottle nipples
- Vinyl “wipe off” bibs or Bibsters disposables
- Snugli or Ergo Baby carrier or something similar for carrying baby
- Thermometer, antibiotic ointment, band-aids, q-tips, diaper rash cream, Vaseline, baby shampoo, baby fingernail clippers, prunes or prune juice, Cheerios, feeding spoon, plastic bowls to mix/serve cereal, and a few small toys (stacking cups they love!)
- Remember babies from China are usually fed formula hotter than room temperature- the Chinese just don't believe in drinking cold stuff, especially for babies under 1

year. In some areas of China, some of the babies also like their formula sweet, you might want to take some sugar packets.

Weather: Please check the web to see what the temperature will be in the areas you will travel to.

Attire: You do not need any dressy clothes. You may wear blue jeans or shorts in the southern areas, if you choose, and weather permits. Try and bring clothes that are easy to launder. Remember that the detergent can be hard on your clothes, so pack accordingly. Bring your good walking shoes, closed toed is best. Laundry service will be available for about 50 cents to 1.50 per item. Don't do laundry at your hotels, it can be quiet expensive. Ask your guide for the best place to have clothes laundered.

Money: All hotels will have a cashier's desk; this is where you will exchange your money from U.S. dollars to Yuan. You can also exchange money at airports, banks and some Friendship stores. Be sure your bills look good, no stamps, rips, tears or writing on them. If at all possible, take new \$100 bills, so you will not have problems with your bills being turned back to you when doing your money exchange. American Express Traveler's checks are widely accepted in many places. Remember to call your Credit Card Company and let them know you will be traveling to China. Always be aware of your surroundings when dealing with money-occasionally you will run into a pickpocket. Men-carry your wallet in your front pocket, not in your back pocket, or better yet use the wallet packs underneath your clothes at all times. Women-if you must carry a purse/fanny pack, do not put any valuables in it. Carry the money belt/wallet packs that goes under your clothes and use it.

Women, leave you expensive jewelry or jewelry that looks expensive at home.

Airline info: Please check in at least 2 and 1/2 hours early for all international flights, call your air carrier direct and ask them the time requirement for your check in and give yourself extra time to arrive at your airport when you go to depart. (Remember to reconfirm all international flights at least 72-hours prior to your departure from home, and also before you depart China to return home.) When you call the airline before you leave, have a pen ready to list any changes there might be on your schedule. If you have had any changes

prior to your departure, please inform your Travel Advisor so she can inform China of your flight change.

Remember to give the airline your home phone number, and emergency phone number in the states, and also your hotel name and phone number where you are staying the last night in China, this information is needed if they try and call you with a schedule change.

Airport security can be very tight and the lines very long. If you have not traveled by plane in awhile, you will see that the airports have additional security and the process for you to check in and get to your gate can be a very long process. The airport will be checking everyone and everyone's baggage closely. Make sure you check-in for your flight early so you will not miss your flight or your connecting flight. (Verify all information with your airline direct and give yourself plenty of time to arrive at your airport.) Remember to pack all items such as scissors, nail clippers, etc. in your checked bags. Each family should contact their international carrier once you have purchased your airline tickets to check regulations and they will be happy to assist you as to what you can and cannot carry on the plane.