**China Study Tour Packing List (1 carryon and 1 checked bag)**

Toiletries

Medicine (Pepto Bismol, Tylenol, Airborne, etc.)

Bug Spray

Sunblock

Tide Travel Sink Packets or Downy Wrinkle Releaser

Wet Wipes

Tissue Packs

Hand Sanitizer

**Clothing for 8 Days (plan on wearing clothing more than once)**

* Undergarments (consider packing 1 in carryon)
* 1 Top-drawer Casual Outfit
* 2-3 Business Casual Outfits (consider packing 1 in carryon)
* 1-2 Weekend Casual Outfits
* Fitness Clothes
* Pajamas
* Jacket (best if it also works in rainy weather)
* Swimsuit
* Socks
* Shoes

**Adapter**

* Mac: <http://www.apple.com/shop/product/MD837AM/A/apple-world-travel-adapter-kit>
* PC: [http://www.amazon.com/Grounded-Universal-Adapter-Australia-Zealand/dp/B005JK6J06/ref=sr\_1\_3?ie=UTF8&qid=1424790031&sr=8-3&keywords=us+china+power+adapter](http://www.amazon.com/Grounded-Universal-Adapter-Australia-Zealand/dp/B005JK6J06/ref%3Dsr_1_3?ie=UTF8&qid=1424790031&sr=8-3&keywords=us+china+power+adapter)

Laptop and Charger

Cellphone and Charger

Sunglasses

Neck Pillow

Small Umbrella

3-4 Small Gifts (to exchange with new colleagues and friends in China)

Business Cards

Passport

Chinese Money (for souvenirs)

US Money (for drinks/food at the airport)

Meeting/Workshop Materials

**To Do Before China**

Prepare Meeting/Workshop Materials

Travel Notification for Credit Card

Cellphone Coverage (SIM card, international plan, only use wireless, etc.)

Optional Travel Immunizations (Typhoid and Hepatitis A)

Obtain Chinese Currency (NC local bank, RDU, Shanghai-Pudong Airport)

**REMEMBER TO BRING YOUR PASSPORT!!!**