**China Study Tour Suggested Packing List (1 carry-on and 1 checked bag)**

Toiletries

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

Bug Spray

Sunblock

Tide Travel Sink Packets or Downy Wrinkle Releaser

Wet Wipes

Tissue Packs (needed for some Chinese restrooms)

Hand Sanitizer

**Clothing for 13 Days (plan on wearing clothing more than once)**

* Undergarments (consider packing 1 in carry-on)
* 1 Top-drawer Casual Outfit
* 2 Business Casual Outfits (consider packing 1 in carr-on)
* Other modest 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 (if you have them)

Passport

Chinese Money (for souvenirs)

US Money (for drinks/food at the airport)

**To Do Before China**

Obtain Chinese visa

Travel Notification for Credit Card

VPN if desired

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)

Share our website with key information (including blog) with your family members

**REMEMBER TO BRING YOUR PASSPORT!!! Arrive at RDU on May 18 at 5:20 AM for our 7:20 AM Departure.**