

June-July 2019 China Trip Packing List

Bags

- **1 checked bag (44 lbs max)** with personal and group ID tag. Make sure your child can maneuver it on his/her own
- **1 Backpack or purse or personal item with personal and group ID tags.** Make sure they fit under the seat in front of you.

What goes with you on plane?

- Passport – kept with the chaperones
- Boarding pass/ticket – kept with the chaperones
- China folder
- Notebook/Journal
- A change of clothes in case your luggage is lost (one hot weather top, one pair shorts, one pair underwear, one pair socks). Make sure they are comfortable and can be used for sleep
- Electronics *and chargers* (such as ipad, mp3, phone, laptop)
- Reading materials (consider magazines, newspapers and paperbacks that you don't mind leaving behind; compare notes with others to swap reading materials along the way)
- Personal hygiene products (tampons, pads, travel size deodorant, contact lens supplies, glasses case); things you can't do without for even a day

Packing tips

1. Label all clothing items (use permanent ink to place initials in unobtrusive spots such as inside neck or at hem; or use clothing stickers such as "Mabel's Labels"). Your red uniform shirts all look alike—label them for faster packing. Machine washing of clothes will not be available. You should be prepared to hand wash a quick dry t-shirt.
2. Bring clothes that you don't mind leaving behind; this allows you to "shed" weight along the way. For example, if you bring a pair of socks that's almost on its "last leg," you can discard the socks after wearing them. This creates space for souvenirs!
3. Conserve space: roll clothing to conserve space; fill hidden compartments with socks, etc.; fill shoes with socks/other small items.
4. Pack gifts in labeled Ziplocs—e.g., "Host Family 1, Host Family 2, Host Family 3"
5. Toiletries—assume that bar soap and shampoo are provided. Use travel sizes if possible.
6. Jewelry—Do not bring jewelry, watches are permitted

Must bring

- Comfortable, well-fitting, broken-in (not new) shoes
- Chargers for any electronics
- Adapter for electric/electronic
- Alarm clock (or device with an alarm setting)
- Journal/notebook (will be given to students after check in at the MSP airport)
- Reading material
- Pencils/pens
- Small umbrella
- Hooded rain jacket or poncho
- Sun hat (if you bring a baseball cap, remember to use sunscreen on neck and ears)
- Personal hygiene items you need such as contact lens solution or hygiene products
- 17 sets socks and underwear
- 1 “dressy” outfit; slacks and button down shirt for boys; dress, skirt or dress pants with dressy (but conservative) top for girls.
- **1- red polo school shirt and black bottom, pants or skirts**
- Small hand sanitizer
- Tissue packets

Recommended toiletries

- Toothpaste
- Toothbrush
- Comb/brush
- Hair conditioner, if needed (use a travel size container)
- Hair styling products (keep this to a minimum)
- Deodorant
- Makeup (keep this to a minimum)
- Shaving supplies if needed
- Band-Aids (it’s always good to have a few on hand though the chaperons will have a full First Aid kit)
- Sunscreen (30 or higher recommended)
- Lotion for dry skin (use a travel size container; sometimes this is provided at hotels)
- Lip balm

Consider bringing

- One-piece swim suit
- Flip-flops or slippers for hotel
- Sketchbook
- Sandals with closed toe or enough toe protection for safety
- China trip folder
- Sun glasses
- Camera
- Batteries if needed for camera or other device
- Baby powder (keeps sensitive areas drier)
- Hand-held fan
- Paper soap