

CHINA PACKING LIST

There will be 3 in-country flights. Weight restriction is 44 pounds for one medium sized (25") suitcase. Carry-on should be a small to medium-size backpack. Maximum carry-on weight is 11 pounds.

GENERAL

- Long pants - 2-3 pair
- Long sleeved shirt/t-shirt - 2-3
- Short sleeved blouse/t-shirt - 1-2
- Sweater (wool or fleece)
- Night clothes
- Underwear
- Socks- (include 1-2 pair wool)
- Comfortable sturdy walking shoes/hiking boots (waterproof highly recommended)
- Woolen cap/gloves/hat for sun
- Cosmetics, toiletries, sanitary supplies (women)
- Shower cap
- Flat sink stopper & clothes soap
- Ear plugs
- Lightweight warm jacket, e.g., fleece
- Waterproof windbreaker to wear over warm jacket
- Money belt
- Sunglasses
- Extra pair of glasses or contacts
- Light medium-sized daypack
- Small pocket knife (not in carry-on)
- Flashlight/headlamp with extra batteries
- Handi-wipes
- Travel alarm clock & extra batteries
- Sunscreen
- Shower shoes/thongs
- Zip-lock bags for miscellaneous use
- Hair dryer
- Toilet paper
- Hand sanitizer such as Purell. You will use a lot -- bring enough to last the trip
- Suitcase locks -- required by Chinese airlines
- Camera
- Umbrella
- Hiking pole (optional) for mtn. stairs w/o handrails

PASSPORT & DOCUMENTS

- Passport & extra photos
- Money/passport belt
- Airline tickets
- Copies of the following:
 - opening pg of passport
 - credit cards, front & back
 - ATM card -- front & back
 - Airline tickets
 - Insurance docs & contact info

OPTIONAL

- Slightly dressier outfit for dinners
- Lightweight shoes for hotel wear
- Lightweight rain pants
- Calculator
- Duct tape/sewing kit
- Instant coffee
- Binoculars
- Vocabulary book (Mandarin)
- Telephone calling card
- Foldable tote bag
- Snack bars (if you tire of Chinese food & need a treat)

FIRST AID KIT - Please bring your own.

(The Sierra Club carries a master kit, but it does not carry prescription meds)

- Broad spectrum antibiotic such as cipro for severe diarrhea (Rx only)
- Broad spectrum antibiotic for respiratory infection such as Zithromycin (Rx only)
- Medication for nervousness (per MD) if anxious about heights and/or long cable car ride.
- Painkillers (your choice)
- Tylenol or Motrin
- Antihistamine
- Cold remedies/ sore throat lozenges/cough drops (colds are common)
- Band-aids
- Anti-diarrhea meds such as Immodium
- Anti-constipation meds/stool softener
- Antibiotic cream

ELECTRONICS

- Mobile device & charger
- Cell phone & charger
- Plugs & Plug adaptor
- Converter if you are bringing 110 volt devices. (Chinese appliances are 220 volts and have either 2 or, more commonly, 3 pronged plugs with straight or slanted prongs.)
- A walking stick for Huangshan (Yellow Mountain)