

印中 象國 CHINA SCRATCHED

Go Beneath the Surface



THE CHINA TRAVEL PACKING CHECKLIST

In theory everything can be bought or made to order in China, so in **theory** you could travel to China with "The Important Stuff" only.

That said:

1. The things you need are seldom for sale where and when you need them the most.
2. What is considered a snack can differ significantly between cultures.
3. Don't rely on finding underwear your size.

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HERE'S WHAT TO BRING:

The Important Stuff

- Passport with valid visa
- Money, preferably credit cards
- Emergency contact information to your tour operator, embassy, insurance company, bank, mobile company and doctor at home
- Prescription drugs you cannot live without
- Phone and (video) camera with chargers
- Name and number of your hotel in Chinese
- The book "China in Your Hands - Go Beneath the Surface & Travel Like a Pro"

Might Come in Handy

- First aid kit (band-aids, a bandage, sport tape, pain killers, diarrhea medicine)
- Pocket knife (the one with the wine opener)
- Lip balm
- Hand sanitizer gel or wipes
- Sunscreen
- Small umbrella
- Tissue paper (enough for a few toilet visits a day throughout your stay)

Luggage

- A bigger suitcase than you think (Just don't fill it up at home. Put everything you want to bring on the bed and remove half of it. Pack the rest. The empty space will magically have disappeared by the time you are heading home.)
- A day bag/back pack big enough to comfortably carry your essentials (Make sure it has pickpocket proof rooms for valuables, or bring a special purse for money, mobile and camera)
- Wallet big enough for the Chinese cash you need to carry with you

Apparel

- Comfortable shoes you don't mind getting a little dirty
- A jacket for rain and wind
- Versatile, comfortable and easy to match clothes suitable for the season and the nature of your visit
- A big scarf or thin jacket to keep you warm in summer's aircondition or winter's frost
- Enough underwear

- Ziplock bags for small stuff
- Instant coffee and/or black tea bags (for the days you need something stronger than green tea)
- Your favorite snacks (Granola bars, nuts, candy, chocolate, dried fruit)
- Pillowcase (can be stuffed with clothes for an instant headrest)
- Heat packs / Hot water bottle (if you are traveling during wintertime)
- Facial mask for pollution protection (Make sure it can filter the smallest particles PM2.5)

- Rollable mattress (if you can't stand a hard bed)
- Playing cards and travel size games for offline fun
- Books and magazines
- Updated guidebook

Last but not least

- Good sense of humor
- Curiosity
- An open mind
- A clear head

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Have a safe journey!