

WELCOME TO
TRAVEL IN CHINA
WITH **EXPLORE! TCM TOURS**

PACKING CHECKLIST

Miscellaneous

TSA Compliant Lock for Luggage
Travel alarm clock
Small handheld calculator
Sewing Kit
Moist Towelettes
Individual packages of toilet paper
Hand Sanitizer
Phrase book
Photocopies of passport, visa, credit cards, insurance, etc.
Diary or Journal
Lightweight raincoat (optional...can buy in China)
Sunscreen Lotion (SPF 30 or higher)
Lip Balm
Broad Brimmed Hat (NOT GREEN COLOR)
Shoulder Bag or small day pack
Voltage Converter and plug adaptors
12 foot electrical extension cord (optional)
Sunglasses
Address book
Spacesaver or similar compressible packing bags (optional)

Personal Care Supplies

Razor and shaving supplies
Feminine hygiene supplies
Small package of Woolite or other laundry soap
Contact lens solution

Medical Supplies

Prescription Medicines
Aspirin or aspirin substitute
Decongestants
Vitamins
Antacids
Mild laxative
Anti-diarrhea tablets
Bandage Strips
Antibiotics (optional)
Anti-fungal powder
Copy of medical history, prescription duplicates, etc.

Dental Supplies

Toothbrush (optional...every hotel provides one)
Toothpaste
Floss
Mouthwash

Carry-on Items

Passport
Slip-on socks
Gum/Candy
Neck Pillow or inflatable pillow
Compact Digital Camera
Extra memory card for camera
Camera Batteries

Clothing

Shirts or Blouses

Lightweight T-Shirts

Underwear

Slacks

Shorts

Bathing Suit (optional)

Socks/Stockings

Walking Shoes

Pajamas/Robe

Light sweater or jacket

Battery Charger

Security pouch or belt

Cash/Traveler's Checks

Gels, Liquids or Aerosols in 3 oz or smaller bottles

One quart zip top clear plastic bag for the 3 oz bottles above

WHAT TO LEAVE AT HOME

Suits

Ties

Formal Wear

Cocktail Dresses

High Heeled Shoes

Expensive Jewelry/Gold Chains etc.

Expensive Watches

Worries