

Nature's Path Center

○ Pretrip Check List ○

Baggage—You may find traveling is more enjoyable if you travel light, for this reason it is recommended that you bring one bag to check-in and carry-on bag(s), two maximum.

Money—Exchange rate is approximately 8 to 1. Cash or travelers checks and Visa recommended. Exchange your money in China. Hotels will do this for you, usually better prices than airports.

Tipping— All tips included.

Weather/Clothing—Dress in layers, it will be cold. Check online for up-to-date weather reports. (<http://www.wunderground.com/global/C1.html>)

Time difference—China is 16 hours ahead of us.

Basics

- Hats (a warm hat and a sunshade hat)
- Scarf/gloves
- Sunglasses
- Earplugs
- Inflatable neck pillow
- Hooded pullover
- Short sleeve cotton shirts
- Silk or skin sensor clothing
- Casual banquet attire
- Shoes (2 pairs - 1 for walking, 1 for working out)
- Outwear (gortex jacket or the like)
- Eyeshades
- Money belt
- Water bottle

Toiletries

- Toilet paper
- Laundry detergent
- Sunscreen
- First aid kit
- Personal hygiene products
- Hand wipes; Purell sanitizing liquid
- Feminine products
- Hand lotion

Other items

- CD player/walkman
- ipod
- Travel alarm clock
- Camera
- Ionizer (see list on our website)
- Ziplock bags
- Contact lens supplies
- Bubble wrap/duct tape (for packing fragile gifts)
- Video camera*
- Recording device
- Phone card (\$30-40 is about 1 hour)
- Qlink Pendant, may be good for jet lag (see list on our website)
- Travel size sewing kit
- Small locks for luggage
- Duffel bag (for dirty laundry on flight home, freeing your luggage for precious gifts)

Food, medicine and the like

The food will be, as you might have guessed, Chinese. It will be excellent. However, if you get homesick you may want to bring your favorite snack foods.

- Trail mix
- Nuts/dried fruit
- Energy bars (Power bars, Cliff bars, etc.)
- Granola
- Chocolate/sweet treats
- Sport drinks (Gatorade) **
- Personal medications
- Energy C packets
- Vitamins/Supplements
- Travel size medical kit
- Teas
- Melatonin
- Herbal remedies
- Essential oils

* Power: 220v 50HZ converters are necessary to run any equipment from the US.

** The back of the plane is not pressurized, so pack liquid items in your carry-ons.