



# GoBeyond China

## Packing List

### Important Notes

**Pack smart and travel light** – For your travel bags, bring no more than the following...

- 1 large bag – This bag should be reasonably sized (~50-70 liter capacity), as students are responsible for carrying their own bags. Wheeled luggage is allowed but should be easy to carry over long stretches of rough terrain (dirt ground, cobblestone streets, stairs, etc.). Oftentimes students prefer either a wilderness-style backpack or duffel bag for their ease of use in various environments abroad.
- 1 small backpack/daypack – This bag will be used for day trips, so should be large enough to carry a few small items (water bottle, raincoat, snacks, camera, etc.).
- 1 small duffel bag (optional) – For some multi-day excursions (typically 2-3 nights in length), you may wish to leave gear you will not need in your larger bag in Beijing and travel only with this small duffel and your backpack/daypack.

**Weather** – During the summer months, the average temperatures in Beijing reach highs of 88°F and lows of 66°F (mean temperature of 79°F). July and August are also the wettest months with an average of 7 inches of rainfall each. Please bring raingear and clothing that can be easily layered to adjust to swings in temperature.

**Local customs** – GoBeyond staff will advise students on what to wear throughout the trip based, in part, on local dress etiquette. **Note that sleeveless shirts, low cut shirts, short shorts, and other revealing attire are NOT APPROPRIATE for many of the locations we will visit.** Females in revealing clothing often garner unwanted attention from local males, and are often considered disrespectful by other locals. Students must be respectful of local customs and bring conservative clothes. As noted in the Student Agreement Contract, staff may ask students to change or purchase new clothing with their spending money if they ignore instructions.

**Laundry** – Students will have at least two opportunities to do laundry during the trip. Clothes will be hung outside on a line to dry. Before travel, please use a permanent marker to label your items. Any lost, unlabeled items found at the end of the program will be donated to our affiliate organizations. Also, for the service projects and excursions, please pack clothes that you don't mind getting dirty. GoBeyond is a focused community service experience, so clothes can and do get ruined on program!

**Valuables** – GoBeyond is not responsible for lost, stolen, or damaged items. If you are concerned about losing/damaging an item, then please leave it at home. DO NOT bring tablet computers or laptops. Please see the Cell Phone & Electronics Policy section of the GoBeyond Pre-Trip Packet for more information on what is and what is not allowed on program.

**Donations** – Every year, GoBeyond donates to our partner organizations on behalf of our enrolled students/families. This includes both tangible items (arts, crafts, sport supplies, educational materials, etc.) as well as a financial donation. Though not required, every year we find that a few students/families also wish to donate to our partner organizations. If you would like to do so, please consult Little Flower’s needs list first at <http://chunmiaolittleflower.org/current-needs-list/>. Note that certain items (such as used clothing) are not needed, while other items (such as medical supplies) are in high demand.

**Travel day** – Place necessary travel-sized toiletries, a change of clothes, some snacks, any prescription medication, and other important items in your carry-on, just in case your large bag does not make it onto the same flight as you do. Please pack all toiletries in zip-lock freezer bags, and beware of airline restrictions regarding the size and quantity of liquids in your carry-on luggage.

## Recommended / Required Items

- Your GoBeyond shirt
- 5-7 t-shirts
- 1 long-sleeve, lightweight shirts for protection from the sun
- 1 sweatshirt/sweater or 1 fleece for cooler nights
- 1 rainproof jacket
- 1 pr lightweight work pants
- 4-5 pr work shorts (shorts should come to just above the knee or lower...Capri-style or athletic leggings are good options!)
- 1-2 dress-casual outfits for our nicer dinners and closing program
- 1 sun hat, baseball cap, or visor
- 5 pr socks
- 2 pr sleep wear (shorts and t-shirt style are well-suited to our sleeping arrangements)
- Any underwear quantity desired
- 1 pr slip off rubber-soled sandals or shoes such as Tevas/Chacos/Reefs/etc. with heel strap (shoes are not worn inside Chinese homes and the facilities we work in – a Chinese tradition!)
- 1 pr sport type shoes with good support to walk and work in
- 1 pr flip-flops or slippers for the hotel/hostel/shower
- Toothbrush, paste, and floss
- Soap or body wash
- Shampoo
- Deodorant
- 1 tube of Chapstick or similar sun block lip crème
- 1 bottle of waterproof sun block (SPF30 or higher)
- Any personal, misc. toiletries you need not on this list!
- Any sanitary items needed (you will not find your usual brand or type of feminine hygiene supplies in China)
- Valid Passport
- Chinese Visa
- All pertinent flight documents and information (e-tickets, itineraries, etc.)
- Copy of medical insurance card

- Travel and reserve cash envelope (\$200+)
- Spending money (~\$300)
- 1 Photocopy of other important documents (see Copy Important Documents section of the GoBeyond Pre-Trip Packet)
- Medications (clearly identified, labeled with instructions) needed over the course of the program
- Insect (mosquito) repellent with DEET
- Cell phone for travel days and possible use in China (**NOTE: ALL CELL PHONES will be collected at the beginning of the program, even if the phone doubles as the student's music player, camera, gaming system, address list, etc. No exceptions!** Cell phones will be made available at designated times throughout the program for making calls home. Wifi will be available on most call nights, so please plan ahead of time how you would like to communicate with your family on these days, whether that be email, Skype, Whatsapp, or purchasing an International phone plan).
- 2 towels and 2 washcloth (as a space saver, consider 1 regular towel and 1 absorbent sports/travel/quick dry towel)
- Small Ziploc bags (for carrying a small supply of toilet paper when out)
- 1 or 2 rolls of toilet paper and/or facial tissues (Typically, Chinese restrooms do not provide toilet paper, so be sure to carry around a small supply with you at all times.)
- 1 water bottle (32oz)
- UV protected sunglasses
- Spare glasses and/or contact lenses
- Mesh laundry bag labeled with name
- Travel alarm clock (you will not be able to use your cell phone for this function)
- Antibacterial hand sanitizer (the kind that works without water is great)

## Optional Items

- Travel size laundry detergent
- Small flashlight or headlamp with extra batteries
- Battery powered razor or blades
- Student I.D. or additional identification (can get you discounts!)
- Personal first aid kit (see the Student Medications section of the GoBeyond Pre-Trip Packet)
- List of emergency phone numbers and addresses for postcards
- "Comfort food" such as granola bars or energy bars
- Locks for luggage
- 1 journal and 2 pens – for logging project hours and activities
- Camera
- Small items or games for activities with Chinese children (GoBeyond provides some things too, but we'd like to see how creative you can be! Think of things for kids ranging from baby to middle school age.)
- Ear plugs and/or sleep mask (can help ensure a restful night!)