International Experience in EECE Hong Kong
Trip Guide for Students Summer 2011

- **Before Departure**
  
  - **Immediately after acceptance:**
    - Check to see if passport is valid for 6 months after returning from Hong Kong (12/12/11 or 3/1/12 [internship]), if not apply for a new passport immediately!
    - Get Vaccinations (MMR, DPT, Hepatitis A & B, and Typhoid) before the end of the Spring semester.
  
  - **Before actual departure:**
    - Make sure passport is ready
    - Make 2 copies of passport and all the credits card(s). Leave one at home and bring the other set but separate from actual passport. This makes things easier to replace or cancel if they get stolen. One copy of the passport stays with Rose.
    - Notify credit card companies that you are going to be out of the country.
    - Bring American money for exchange in Hong Kong.
    - Exchange rate is 7.788 Hong Kong to 1 US Dollar (2/11).
    - Pay bills before departure.

- **Packing:**
  
  - **Carry On:**
    - Backpack
    - Snacks (Airlines don't provide much food, just 2 meals for a 14 hour flight)
    - Extra set of clothes (And a sweater in case you get cold on the plane)
    - Book or other forms of entertainment, playing cards, and games.
    - Hotel and transportation information and itinerary (in case separated from the group at any point).
    - Phone Numbers of organizers if something goes wrong.
    - Camera
    - Any medications you have (keep prescription labels on.), Tylenol, eye-drops, and Dramamine.
    - Sweatshirt (plane can get cold, this can cover your legs too)
    - Eye mask if you have a hard time sleeping.
    - Neck pillow for easier sleeping.
    - Flip-Flops/pressure socks (Do you want to be in shoes for the entire flight?)
- Wallet, ATM Card (note $5 at ATM charge per withdrawal for Bank of America, better to use cash, very little credit card use), Passport, Money
- International phone card
- Pen/notebook.
- Purell (travel size).
- US embassy contact info.
- Some type of passport carrier such as a passport belt (Place passport somewhere on your body where it can't be pick pocketed or snatched away)
- Note: Bring As Few Things As Possible (Makes flight more comfortable if you only have one bag that can go overhead).
- Voltage converter.

- Check in bag:
  - Clothes (enough for whole trip) and swimsuit.
  - Copy of passport.
  - Duffel Bag (for souvenirs or purchases).
  - Toiletries (put in separate bags in case things explode).
  - Notebook and Pen.
  - Plastic Bags for Dirty Clothes.
  - Identification Tag on Suitcase (can get this at the airport if needed)
  - Umbrella (Or purchase one in Hong Kong cheaply.)
  - Medications to bring: Advil, Anti-histamine, DayQuil/NyQuil, Neosporin, Anti-diarrhea, Tylenol, Pepto-Bismol, Multi-vitamins, Tums/Rolaids, possible sleep aid.
  - Strap for Suitcase (2 reasons: extra security in case zipper or latch breaks but also makes bags much easier to ID when they come out of the carousel)- optional.
  - More Purell.
  - Portable face wipes.
  - Odor-eaters for shoes (you will do a lot of walking).
  - Some snack food/ granola bars.
  - Watch!!!!

- DO NOT BRING:
  - Traveler’s Checks
  - Valuables
  - Guidebook.
  - You cannot bring any drinks on the plane when returning to the US
  - DO NOT drink water or ice in China, even brushing teeth.
  - DO NOT indulge in street food in China.
  - Eat raw fish with Caution.
  - DO NOT eat salad with unmarinated vegetables.
  - DO NOT eat skin of fruit.
- Do drink filtered water in the restaurants
- Use common sense.
- Cabs are SUPER CHEAP.
- Take advantage of safe in hotel for passports and extra money.
- Buy lots of bottled water and carry it with you, stay hydrated.
- Always have someone accompany you.
- Dr. Lo will get Octopus cards.