
• Before Departure:

  – **Immediately after acceptance:**
    - Apply for passport immediately!
    - By March 1, 2008, apply for visa to China by giving passport to Rose Baxter to apply as a group.
    - Get Vaccinations before the end of the Spring Semester.

  – **Before actual departure:**
    - Make sure passport and visa are ready.
    - Make 2 copies of passport, visa 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.
    - Notify credit card companies that you are going to be out of the country.
    - American money for exchange in Beijing.
    - Pay bills before departure.

• Packing:

  – **Carry On:**
    - Backpack.
    - Snacks (airlines don't provide much food, usually 2 meals for 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/or games).
    - Hotel and transportation information and itinerary (in case separated from the group at any point).
    - Emergency phone numbers or organizers if something goes wrong.
    - Camera.
    - Any medications you have (keep prescription labels affixed), Tylenol, eye-drops and Dramamine.
    - Sweatshirt (air conditioning on plane can get cold, a sweatshirt 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 hand sanitizer (travel size).
- U.S. Embassy contact information.
- 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.

- **Check-in bag:**
  - Clothes (enough for whole trip, laundry is very hard to do) 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 Beijing cheaply).
  - Medications to bring: Advil, Antihistamine, DayQuil/NyQuil, Neosporin, Anti-diarrhea, Tylenol, Pepto-Bismol, Multivitamins, 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 identify when they come out of the carousel – optional).
  - More Purell hand sanitizer.
  - Toilet paper (individual packs are easy to carry in purses/bags).
  - 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
  - Laptop Computers
• Notes:
  – You may not be able to have Internet or phone access immediately when you arrive.
  – Guidebook.
  – You cannot bring any drinks on the plane when returning to the U.S.
  – DO NOT drink water or ice in China, even when brushing teeth.
  – DO NOT eat street food in China.
  – Eat raw fish with Caution.
  – DO NOT eat salad.
  – DO NOT eat skin of fruit.
  – Massages are super cheap.
  – GO to a karaoke bar.
  – Try Acupuncture.
  – 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. Never travel alone.
  – When crossing the street in China, be assertive; don’t look at the cars, cross together as a group.
  – There are many American fast food places in China.
  – Women: In mainland China use traditional toilets whenever possible, even be willing to pay for them

• Places to visit and sights and sounds in Beijing:
  – The Great Wall
  – The Forbidden City
  – The Capital Museum
  – Tiananmen Square
  – Temples
  – Tombs
  – Chinese Opera
  – Summer Palace
  – Acrobatics
  – Karaoke Bars