



PACKING LIST

Travel Document for domestic travel in China

- passport with Chinese visa
- China Permanent Resident Card
- PRC ID card
- Hong Kong/Macau/Taiwan Re-entry Permit

The following lists are for 8 days programs.

Clothing

- 8 T-shirts (synthetic is preferable)
- 1 light jacket
- 7 pairs of pants/jeans including 1 pair of long pants and long shirts for hikin (synthetic is preferable)
- 8 changes underwear
- 8 pairs of socks
- 1 sun hat
- 1 pair of hiking shoes
- 1 pair of walking shoes
- 1 pair of slippers

Toiletries

- Toothbrush/Toothpaste
- Towel

Medical and Other

- Prescription glasses, Contact lenses and solution
- Allergy medication
- Prescription medication
- Sunscreen
- 1 small flashlight

Miscellaneous

- 1 day pack bag
- 1 pair of sunglasses
- 3 packs of personal tissues
- Notebook with pen/pencil
- Masks

Very Important

- Drinking water bottle