

Packing List (for women)

Clothes	Toiletries
<ul style="list-style-type: none"> <input type="checkbox"/> “School casual” type outfits for campus <input type="checkbox"/> “Office casual” type outfits for public stuff <input type="checkbox"/> Skirts or dresses for more formal events <input type="checkbox"/> Indoor layers (e.g. fleece, sweaters) for winter – many spaces aren’t heated <input type="checkbox"/> Gloves, for winter <input type="checkbox"/> Handkerchiefs or bandannas (esp. for drying hands in public restrooms (usually no paper towels)) <input type="checkbox"/> 1 hat for sun, 1 hat for warmth <input type="checkbox"/> Heavy jacket or coat, for winter <input type="checkbox"/> Shoes: <ul style="list-style-type: none"> • Daily use – closed toe, walking (1-2 pairs) (be advised the urban environment can be more hazardous to feet than in the U.S.; protect yourself with reasonably sensible/sturdy shoes) • Flip-flops for dorm, shower (can buy there) • Dressy for public/formal • Boots for winter, rural areas <input type="checkbox"/> Shorts, for summer <input type="checkbox"/> Night/sleeping clothes (warm & cold weather) <input type="checkbox"/> Socks, hose <input type="checkbox"/> Underwear and bras 	<ul style="list-style-type: none"> <input type="checkbox"/> Antibacterial wipes, gel <input type="checkbox"/> First aid kit <input type="checkbox"/> Contact lenses (enough for full stay), cases, solutions <input type="checkbox"/> Cosmetics <input type="checkbox"/> Deodorant <input type="checkbox"/> Diarrhea medicine <input type="checkbox"/> Earplugs <input type="checkbox"/> Eyeglasses, case, repair kit <input type="checkbox"/> Hair care items <input type="checkbox"/> Ibuprofen or other over-the-counter pain reliever <input type="checkbox"/> Insect repellent <input type="checkbox"/> Medications (including birth control if you need it) -- enough for full four-month stay (Keep in original bottles with full prescription info visible.) <input type="checkbox"/> Menstrual supplies (or plan to buy them in China; I’m told the only tampons available are the type with no applicator). <input type="checkbox"/> Nail care items <input type="checkbox"/> Shaving and skin care items <input type="checkbox"/> Shampoo/conditioner, soap, container <input type="checkbox"/> Sunscreen <input type="checkbox"/> Tissue packets (or plan to buy them there for use as toilet paper in public restrooms) <input type="checkbox"/> Toothbrush, toothpaste, floss <input type="checkbox"/> Travel towel (something small that dries fast)
Travel Accessories	School/Research Kit
<ul style="list-style-type: none"> <input type="checkbox"/> Detergent, spot remover <input type="checkbox"/> Door stop (plastic/rubber wedge), for security <input type="checkbox"/> Electrical tape <input type="checkbox"/> Flashlight <input type="checkbox"/> Inflatable travel pillow (for plane, bus trips) <input type="checkbox"/> Lightweight laundry bag <input type="checkbox"/> Luggage lock/cable <input type="checkbox"/> Multipurpose tool (e.g. Leatherman) <input type="checkbox"/> Safety pins, rubber bands, cord <input type="checkbox"/> Sewing kit <input type="checkbox"/> Backpack or shoulder bag <input type="checkbox"/> Spoon (for safer dining when needed) <input type="checkbox"/> Travel clothesline and clothespins <input type="checkbox"/> Umbrella <input type="checkbox"/> Universal sink stopper (flat) <input type="checkbox"/> Water bottle <input type="checkbox"/> Ziploc plastic bags, quart and gallon size 	<ul style="list-style-type: none"> <input type="checkbox"/> Computer, power cord <input type="checkbox"/> Smartphone, with charger/cables (if using) <input type="checkbox"/> Electrical plug adaptors <input type="checkbox"/> Ethernet cable <input type="checkbox"/> Extra passport photos <input type="checkbox"/> Guidebooks <input type="checkbox"/> Kindle, magazines, and other reading material <input type="checkbox"/> Passport, visas <input type="checkbox"/> Pens, small notebook <input type="checkbox"/> Camera, charger <input type="checkbox"/> Powerstrip <input type="checkbox"/> USB flash drive <input type="checkbox"/> Vaccination certificates