



When packing for your travel, consider the following advice:

(These are recommendations prepared by CCID in good faith and in our best knowledge. You may follow other recommendations as well)

- Luggage:** You should bring a backpack as your hand luggage. It is a good way to carry your belongings when you are on field trips. As your main luggage, you should only bring one piece (recommended is a backpack, but if you do not have one, something that can be carried on your shoulders or have sturdy wheels would be advisable). *You will be responsible for carrying your luggage around by yourself, so make sure you can handle it!* Maximum weight for 1 piece of luggage checked-in (free) at the airport is 50 lbs. for overseas flights. Allowance is 2 pieces per passenger. To the airplane you can take 1 carry-on piece (must fit into overhead bins) plus 1 personal item (handbag/ purse or camera or a coat). Do not lock your luggage as it needs to pass the security check at the airport. No liquids or gels over 3 oz. are allowed in carry-on luggage before you pass the security inspection at the airport (such as hand lotions, hand sanitizers, etc.). Any gels and liquids below 3 oz. need to be presented for the security check in a 1 qt. Ziploc bag (sometimes available at the airport).
- Clothing:** It is recommended to wear business casual or casual clothes. Shorts, flip-flops, tank- or halter-tops are discouraged. For a visit to any business in China you'll need business type clothing – pants, shirt, women: skirt/slacks with a short-sleeve blouse. The weather in Shanghai and Beijing is warm in May so bring summer clothes, but evenings can be cooler and a lighter outer jacket would be suitable. Layering of clothes is always a good strategy. Find out about the weather in your host country at: www.worldweather.org. As a group, you will discuss the dress code appropriate for your country of destination – or else check with your faculty.
- Medications:** Commonly used American medication is generally not available in China. Medications that bear the same or similar name to prescription medication from the United States are not always the same. Americans should make sure to carry their prescriptions from their doctors if carrying prescription medication into China for personal use.
- Laundry:** We recommend that you pack light due to the many transportation transfers during your trip. We would advise that you bring clothes from a fabric which dries quickly if you need to do a quick wash in the bath sink and to bring soap suitable for light washing of the clothes. Local coordinators will provide more details on laundry facilities in both locations in China during the arrival orientations. Otherwise, CCID may email you an update before your departure.
- Electricity:** The (voltage) power in China is 220 V while in the US it's 110 V. If you need to bring any electric devices, buy an adapter to fit local plugs and a power converter. Ask at the stores that carry electric appliances (Radio Shack, Best Buy, Wal-Mart, Circuit City), and ask for a travel plug kit which covers region of China. Some electric shavers and hairdryers require different power converter than the one used for recharging the camera batteries (mostly Lithium/Ion battery packs).
- Calling & Email:** If you want to call home from abroad, it's a good idea to buy an on-line pre-paid calling card (try Nobelcom.com) or get it at a store. Telephones will be available nearby or at your accommodation facilities in both Shanghai and Beijing. You will be responsible for the charges of any international calls that you make. Internet Cafes are nearby and reasonably priced. Ask the local coordinator for the nearest location.
- Cell phones:** For US territory calls you may wish to bring a cell phone with you. For calling the US from overseas, check with your service provider if your plan works in China and how much it costs to make calls from there to the US. In general, it is expensive to use a cell phone abroad for calling the US, plus recharging it may be a hassle too. Local coordinator may suggest where to buy a Chinese SIM card if you wish to use one.
- Currency exchange:** Even though most of your expenses (except most meals), are covered by the program fee, we advise you to bring some pocket money along if you'd like to purchase souvenirs or additional local items. It is advised not to exchange the Chinese currency (Yuan) in the US, but rather to bring sufficient US cash to China – there is a bit more favorable exchange rate if you do it after your arrival to China. You will be able to exchange some money initially from cash, and then use an ATM. ATM machines are available on or near the Shanghai campus and Beijing campus, and in grocery stores and supermarkets. Taking your ATM card, which is also a credit card, may be your best bet for getting the local currency from ATM machines abroad. It may be wise to take additional credit card with you and which card can also be used in the ATM machine. Ask your credit card company in advance to give you a PIN number for your "true" credit card so you can get cash with it – it takes some time to get into effect. Call and tell your credit card company also about your travel abroad and charges in foreign currency (to permit those charges), and ask them about the fees they charge for ATM withdrawals/ cash advances. Do not bring any travelers cheques to China.
- Meals:** Breakfast will be provided in Shanghai and all of your meals will be provided in Beijing. You will be responsible for all other meals as indicated in the program schedule.
- Papers:** Take the CCID travel document holder/pouch (blue) with you to keep all of your personal papers at one place: passport, air tickets, emergency flash card, emergency contact list, and insurance ID cards. Don't forget to take copies of all of these documents (and put them in various places in your luggage) and leave copies also with your emergency contacts in the US. This way it will be easier to replace any of them if they get lost or stolen.

Bring a pen and a pad of paper/ learning (travel) journal to take notes and write your journal.