

# ICEP CHINA PACKING LIST

## Becket-Chimney Corners YMCA

The weather in China will be hot and humid and rain showers are possible during the summer months. The Chinese dress code is casual, and it's important to be presentable to show respect as a tourist. Clothes that are ripped/dirty or are revealing send a negative message that is culturally confusing and disrespectful. While locals may not comment on your attire, they may still feel offended. Shorts, T-Shirts, and Tank Tops are all common in China and light or quick dry materials are most comfortable. Unfortunately, there are more restrictions on female dress in China - avoid tight fitting clothing, short-shorts, and tops that over-expose shoulders like spaghetti straps and low necklines.

### ESSENTIAL ITEMS

- \_\_\_ **PASSPORT**— Good for at least 6 months past your return to the US. Sign the photo page and keep a photocopy at home.
- \_\_\_ **LUGGAGE**—Your preference of a backpack, rolling suitcase or duffel with wheels. You must be able to carry all of your belongings through the airport and load them in and out of vehicles yourself. Bags should weigh under 50 pounds.
- \_\_\_ **DAYPACK** – Like a school backpack, it should be comfortable for hiking and be able to carry up to three days of clothes and a towel in it.
- \_\_\_ **SLEEPING BAG and PILLOW** –You will use these at camp. Even in the summer, nights at camp can be cool.
- \_\_\_ **WATER BOTTLE** – Nalgene style (32 oz) is preferred.

### CLOTHING AND FOOTWEAR

- \_\_\_ **SHORTS (4-6 prs.)** – One pair should be long/athletic type.
- \_\_\_ **T-SHIRTS (8-10)** –Quick-dry material will be most comfortable.
- \_\_\_ **TANK TOPS (2-3)** – Tank tops are fine but no spaghetti-straps or low cut tops.
- \_\_\_ **LONG SLEEVED SHIRT(1)** – Something to keep you warm in cold airplanes and hotel rooms.
- \_\_\_ **MID-WEIGHT VEST or PULLOVER (1)** – Fleece or wool sweater; you will need this at camp.
- \_\_\_ **UNDERWEAR (10-15prs.)**—You will be doing laundry by hand, so it is helpful to have extra pairs.
- \_\_\_ **BRAS (3-4)**
- \_\_\_ **SOCKS (8-12 prs.)** – They should be in good shape; you will take your shoes off frequently.
- \_\_\_ **PAJAMAMS (1pr)**
- \_\_\_ **BATHING SUIT (1)** – Camp appropriate swimsuit: Swim trunks for boys, one-piece or athletic style bikini for girls.
- \_\_\_ **WATERPROOF RAIN JACKET OR SHELL WITH A HOOD (1)** – Lightweight style works best.

- \_\_\_ **DRESS OUTFIT (1)** – Comfortable yet presentable for homestay orientation and special events.  
*Suggestions:* For boys - a button down shirt and khakis, for girls - a skirt and shirt, or nice pants and top.
- \_\_\_ **SHOES/SANDALS (2 prs.)** – Any lightweight, comfortable shoe or sandal. You will be doing a lot of walking, and it will be very hot and possibly rainy.
- \_\_\_ **FLIP FLOPS (1pr.)** – For showering.

### MISCELLANEOUS

- \_\_\_ **TOILETRIES** – Enough for the whole trip.
- \_\_\_ **TRAVEL TISSUE & ANTI-BACTERIAL HAND GEL** – Most bathrooms won't have toilet paper or soap
- \_\_\_ **STRONG SUN BLOCK** – SPF 30 or higher.
- \_\_\_ **PADS/TAMPONS** – Female campers should bring them even if you think you will not need them.
- \_\_\_ **PACK TOWEL**— bring a towel that will dry quickly.
- \_\_\_ **MONEY BELT or FANNY PACK** – bring something you can carry money/passport in that is close to your body (not a purse or backpack). You will be responsible for your passport on the program.
- \_\_\_ **CAMERA/Memory Card/Charger** –This cannot be your cell phone; cell phones are not allowed.
- \_\_\_ **WATCH**– It is really important to be on time.
- \_\_\_ **TRAVEL ALARM CLOCK** – You may be responsible for waking up the group during the trip.
- \_\_\_ **FLASHLIGHT or HEADLAMP** – Compact with extra batteries. This will be your nightlight.
- \_\_\_ **SPARE EYEGLASSES** – For contact wearers.
- \_\_\_ **GIFT FOR HOST FAMILY**– Be creative; think of something special from where you live. For example: a calendar, clothing from local sports teams, games, crafts, picture books or kitchen items.
- \_\_\_ **BUG REPELLENT**
- \_\_\_ **PHOTOS FROM HOME** – To break the ice with your host family. Photos of your family, pets, friends, hometown, etc.
- \_\_\_ **SMALL SCRUB BRUSH**– To help when washing clothes by hand.
- \_\_\_ **FIRST AID KIT\*** – Keep it small and fill it with items you commonly need or use. Leaders will also carry a kit.

- \_\_\_ **COLLAPSIBLE BAG** – To hold 3-4 days of clothes for homestay. Your daypack could work for this.
- \_\_\_ **EXTRA BAG** — To keep at camp with anything you decide not to bring.

## OPTIONAL

- \_\_\_ **PHRASEBOOK**
- \_\_\_ **SMALL, INEXPENSIVE GIFTS & THANK YOU CARDS** – to exchange with host peers
- \_\_\_ **MUSICAL INSTRUMENT**
- \_\_\_ **BOOKS, MUSIC, GAMES** – For long waits and plane rides. You can bring music or reading devices like IPODs or Kindles without wi-fi access but you are responsible for them. Charging may not always be available, outlets will be different.
- \_\_\_ **HAT (1)** – Sun or baseball style hat.
- \_\_\_ **SUNGLASSES**
- \_\_\_ **JOURNAL/ LETTER WRITING SUPPLIES**
- \_\_\_ **ENGLISH TEACHING SUPPLIES** — Games, books, flashcards, writing paper for tracing letters, etc.

- \_\_\_ **OUTLET ADAPTOR** – Find them at BestBuy or other electronic stores. China has Type A, Type I, and Type C outlets.



- \_\_\_ **Small battery powered fan**
- \_\_\_ **SET UP SKYPE ACCOUNT-** Participants can use Skype accounts to call home
- \_\_\_ **EMAIL ACCOUNT-** Gmail does not work in China so we encourage participants to create an email account through Yahoo, Hotmail or Bing.
- \_\_\_ **SOUVENIR MONEY** – You will not need any money to fully participate, but most ICEPers bring around \$300 to spend on souvenirs and extra snacks. Bring \$60 in US dollars and the rest on a VISA or Mastercard debit card not a visa gift card. Know your pin number and let the company know you are using the card abroad.

**\*All medications must remain in their original packaging.** If you use prescription medication, please ensure you bring enough supplies to last through the entire program, plus a little extra. All meds will be turned in to the infirmary while at camp and will be given back to you before you leave for your trip.

## WHAT NOT TO BRING

- Cell Phones, computers, tablets, I-pod touch (MP3 players okay)\*\*
- Expensive/large jewelry or watches, valuable personal items, any sort of “bling”, or anything you would be sad to lose or get really dirty
- Pocket knives or weapons of any kind



\*\*TSP Participants are not allowed to bring electronic devices that allow them access to the internet or texting. Standard MP3 players are okay. If your phone is also your camera, MP3 player etc. you will need to bring separate devices or go without.

## PACKING LIST GUIDE

Items on the packing list can be borrowed from friends, found in thrift stores, or purchased from most outdoor gear retailers such as REI, Eddie Bauer, L.L Bean, etc. Good deals on items can sometimes be found online at sites such as [Steep and Cheap](#), [Backcountry](#), and [Sierra Trading Post](#).

See below for links to items we frequently receive questions about:

- [Travel Pillow](#)
- [Waterproof Rain Jacket](#)
- [Pack Towel](#)
- [Money Belt](#)
- [Headlamp](#)