

CCAI Heritage Tours

Suggested Packing List – Summer

Summer is the busiest tour season for China and every part of the country is brimming with activity! Summer in China is a scorcher, but this packing list will keep you easy and breezy.

Temperatures to pack for:

Summers in China are hot and humid, so consider packing light, breathable items. Summer temperatures typically fall in the high-70s to upper-90s. With humidity, this feels more like a pleasant sauna as AC is typically only used in commercial facilities (cold air is believed to negatively affect the body's chi).

Clothing:

Keep in mind that you will need to be staying in a hotel for at least three days if you need professional laundry services (hotels generally have a 24-hr turnaround on laundry). In most cases, washing your clothes by hand in your hotel room and air-drying them, if needed, is the best option.

Keywords for summer: Quick-dry, Breathable, Sweat-wicking

- Short sleeve t-shirts and tanks
- 1-2 light long-sleeved options (light hoodie, light long-sleeved shirt)
- Shorts and capris
- 1-2 pairs of lightweight pants, if desired
- Lightweight, weatherproof jacket in case of rain (hooded if you're not a hat guy/gal)
- 1-2 nicer outfits in case of special occasions (orphanage visits or fancy dinner)
- Socks (we'll be walking a lot, so choose your best ones, sweat-wicking, non-chaffing)
- 1 pair of comfortable sandals
- 1 pair comfortable tennis shoes
- 1 pair of nicer shoes for special occasions
- Underwear
- Pajamas
- Swimsuit & swim cap (some hotels require swim caps to be worn)
- Baseball cap/sun hat/bucket hat/beanie (if you're a hat guy/gal)
- Sunglasses

The Essentials:

- Personal Identification

- Passport
 - 1-2 hardcopies of the photo page of your passport
 - 1 digital saved on your phone and in the cloud
 - If your travel visa is in an old passport, TAKE YOUR OLD PASSPORT WITH YOU

- Copies of your Adoption Registration
 - 1-2 hardcopies
 - 1 digital copy saved on your phone and in the cloud

- Driver's License
- Travel insurance card

- Money pouch/belt
 - \$250-\$400/person cash in USD (airports accept credit cards so you will not need to exchange any cash until you arrive at your hotel in China)
 - ATM card

- Toiletries
 - Toothbrush, toothpaste, floss
 - Glasses/contact lenses & contact solution
 - Face wipes
 - Deodorant
 - Lotion, sunscreen
 - Body powder (it gets sweaty...body powder could be your best friend)
 - Shampoo & conditioner
 - *Note for women* Feminine products are slightly different in China. Pads tend to be thicker, with no wings, and tampons are difficult to find, as are menstrual cups. Plan accordingly if you are particular about the products you use.

- Tech support
 - Cell phone and charger (150-240V capacity)
 - Headphones
 - If you use bluetooth headphones, consider bringing a backup wired pair as well. Some China airlines do not allow bluetooth headphones to be used in flight.
 - Camera and charger(s) (150-240V capacity)
 - Outlet adapter (although most hotels and cafes use Type A outlets) & power converter

- [Here's a compact one that we love](#)
- [Here's a classic block one that we also love](#)
- [Here's one for travelers with a lot of tech to charge](#)

- Portable battery charger (must have voltage label for TSA approval, must be below 100Wh)
 - [Here's a big one that's great](#)
 - [Here's a small one we like](#)

- Health Items
 - Kleenex (4-6 travel packets) or [camping toilet paper rolls](#) (Some public restrooms do not provide toilet paper)
 - [These super handy soap sheets](#) or [these cute ones](#) (many public restrooms do not have soap)
 - [These super handy laundry detergent sheets](#) (lightweight with no risk of bursting in your luggage)
 - First Aid kit
 - Personal medication
 - Variety of over-the-counter meds: Benadryl, Tums, DayQuil, NyQuil, throat lozenges, Advil, Aleve, Tylenol, Excedrin, Sudafed, Mucinex, Pepto Bismol, Immodium
 - Antibiotics for infections and traveler's diarrhea (optional)
 - Anti-itch/anti-histamine cream (Benadryl, Allegra, etc.)
 - Mosquito repellent (Those pesky mosquitos really love our Asian blood... They are alive and well in the summer)
 - Wipes may be better than aerosol since some train stations and airports will not allow any aerosols through security
 - Hand sanitizer
 - Wet wipes/Sanitizer wipes
 - Motion sickness medication/bands (if applicable)
 - Face masks

Miscellaneous Items:

- Some zip-lock bags (these are just always useful)
- Water bottle
- Snack foods** in case you aren't able to find enough food you like (Bring as much as you need, but don't go overboard. Small snack bars, nuts, etc.)

Bonus Items:

- Pocket fan (so nice to have! Can also buy in China anywhere and everywhere)

- Cooling scarf ([like this one](#))
- Tracking tags for luggage, wallets, bags, etc.
 - AirTags are great for iOS
 - [These ones work great with both iOS and Android](#)
- Card games/travel board games
- Travel utensils (in case you are not great with chopsticks or that place setting looks dicey)
 - [Here's a TSA-approved set that we like](#)
 - [Here's a TSA-approved super lightweight set](#)
- [Travel blanket](#) for international flight (why are the planes always so cold?)
- Small quick-dry travel towel ([like this one](#)) for sweat and spills
- Face wipes to freshen up after travel
 - [Here's a favorite of ours](#)