

CCAI Heritage Tours

Suggested Packing List – Winter

Winter in China is quieter with slightly smaller crowds. If you're lucky, you might be able to catch some ice sculptures on display in Beijing!

Temperatures to pack for:

Winters in China are cold and snowy up north and wet and chilly down south. In northern China, temperatures typically fall in the **mid-20s to upper-40s**. Further south, temperatures are closer to **low-40s to mid-60s**. If you make it down to Guangdong or Hong Kong, you may even catch some balmy 70s!

Clothing:

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

Keywords for winter: Comfortable, warm layers

- 1-2 short sleeves (just in case)
- 3-4 long sleeves
- 3-4 sweaters (hoodies, crewnecks, knits)
- Thermal layers (optional)
- 2-3 pants (heavier)
- 1-2 nicer outfits (business casual) in case of special occasions (orphanage visits or fancy dinner)
- Weatherproof winter coat (hooded if you're not a hat guy/gal, heavy weight)
- Socks (we'll be walking a lot, so choose your best ones. Some thicker, some regular.)
- Underwear
- Pajamas
- 1 pair of comfortable walking shoes
- 1 pair of weatherproof hiking boots
- 1 pair of nicer shoes for special occasions
- Warm beanie (if you're a hat guy/gal)
- Earmuffs
- Scarf/Wind buff
- Gloves/mittens
- 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 a great 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 small one we like](#)
 - [Here's another great one](#)
 - [Here's a big one that will keep laptop and phone charged all day](#)
- 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.)
 - Hand sanitizer
 - Wet wipes/Sanitizer wipes
 - Motion sickness medication/bands (if applicable)
 - Face masks (in case of poor air quality)

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:

- These favorite any-weather jackets ([like this one](#))
- Wind buff/Neck warmer ([like this great one](#))
- Tracking tags for luggage, wallets, bags, etc.
 - [These ones work great with both iOS and Android](#)
- Card games/travel board games
- Travel utensils
 - [Here's a TSA-approved set that we like](#)
 - [Here's a TSA-approved super lightweight set](#)
- [Travel blanket](#) for international flight (why are they 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](#)