

China Packing List

*Here's what to pack for a successful trip to China.
Simply tick off each item once you've got it!*

Critical items

Don't leave for the airport without these things:

- Passport
- Chinese visa – [see the main kinds here](#)
- Phone and phone charger
- Debit card
- Credit card
- Prescription medication
- Hotel address in Chinese characters

Essential items

Bring these things for a stress-free trip:

- Yuan (Chinese cash)
- Travel insurance – [get a quote here](#)
- Travel adapter
- VPN – [see your options here](#)
- Day pack and/or handbag
- Toilet tissues
- Face masks
- Copies of documents
- Reading glasses or contacts

Clothes and shoes

Here's what you'll need for a trip of up to 10 days:

- Socks x 7
- Underwear x 7
- Bra x 4 (for the ladies)
- T-shirts or shirts x 7
- Sweaters x 2 (or long-sleeve shirts if warm weather)
- Jeans or trousers/skirts x 2 (or shorts if warm weather)
- Belt
- Nice outfit if you plan on going out, including shoes
- Pajamas
- Comfy walking shoes

Quantities are based on doing washing part-way through your trip.



Toiletries

Only pack small amounts for a short vacation:

- Facial tissues
- Deodorant
- Toothbrush
- Toothpaste
- Dental floss
- Soap
- Shampoo
- Conditioner
- Cleanser and/or moisturizer
- Pads or tampons (for the ladies)
- Makeup (for the ladies)
- Hand sanitizer
- Sunscreen
- Brush or comb
- Razor/Shaver
- Shaving gel or foam
- Travel-size laundry detergent
- Adhesive strips

Useful extras

You may or may not need some of these things:

- Comfort food
- Camera and charger
- E-reader and charger
- Prepaid SIM card
- Travel apps – [see the best ones for China here](#)
- Earplugs
- Eye mask
- Hairbands or hair clips
- Condoms and lubricant
- Over-the-counter medications
- Tablet or laptop and charger
- Bluetooth speaker and charger
- Headphones
- Clothes line
- Laundry bag
- Small padlocks
- Guidebook



Winter items

Bring these things depending on how cold it gets in your destination:

- Beanie
- Scarf
- Gloves
- Thick socks
- Thermal underwear
- Winter jacket
- Winter boots
- Umbrella
- Lip balm

Summer items

Pop these things in your bag for warmer climates:

- Hat
- Flip flops or sandals
- Sunglasses
- Sunscreen
- Swimwear
- Umbrella or thin rain jacket for tropical areas
- Mosquito repellent for tropical areas
- Mosquito net if you're camping

Items for kids

Take everything you would normally bring on a family vacation, especially:

- Baby formula
- Diapers
- Snacks
- Tablet

Items for a long stay

If you're going to live or work in China, consider bringing these things:

- More prescription medication
- Unlocked phone
- VPN on your laptop (in addition to your phone)
- Portable drive or cloud access
- Extra shoes
- Any special hair products
- Perfume or cologne
- Accessories like jewelry



Carry-on luggage

Don't forget your carry-on bag:

- Laptop with pre-loaded movies
- Noise canceling headphones
- Headphone adapter
- Kindle
- Roll-on deodorant
- Eye mask and ear plugs
- Moisturizing face wipes
- Lip balm
- Tissues
- Toothbrush and toothpaste
- Underwear
- Pen for filling in customs slips

Need more detail? Visit thehelpfulpanda.com/china-packing-list for a full explanation about why you should bring these things to China.

