|  |  |  |  |
| --- | --- | --- | --- |
|  | **CLOTHES** |  | **TOILETRIES** |
|  | Light clothing for summer months  |  | Sun cream  |
|  | Warm clothing for winter months |  | Moisturiser |
|  | Casual clothes + shoes |  | Hand sanitizer |
|  | A couple of smart outfits + shoes |  | Make-up |
|  | Shoes over size 6 |  | Deodorant  |
|  | Jeans |  | Western branded products |
|  | Swim suit/shorts/bikini |  | Tampons/sanitary towels |
|  | Bras + underwear |  |  |
|  | Winter coat (if going in winter)  |  | **MEDICATION** |
|  | Trainers/comfortable walking shoes |  | First aid kit |
|  |  |  | Vitamins |
|  | **ELECTRONICS** |  | Paracetamol/Ibuprofen |
|  | Phone + charger |  | Lemsip |
|  | Laptop + charger |  | Mosquito spray + bite cream |
|  | Camera + charger |  | Diarrhoea tablets  |
|  | Travel adaptors |  | Rehydration powder |
|  | Memory stick  |  | Any prescribed medication you need |
|  |  |  |  |
|  | **IMPORTANT DOCUMENTS** |  | **MISCELLANEOUS**  |
|  | Passport |  | Photos of home  |
|  | Visa |  | Phrasebook |
|  | Flight information + tickets |  | Notebook |
|  | Insurance + insurance documents |  | Pencil case |
|  | Immunisation record |  | Hobbies |
|  | Passport photos |  | Gifts for family |
|  | Passport photocopies |  |  |
|  | Travellers cheques/currency cards |  | **FOOD** |
|  | Currency to last first few weeks |  | Chocolate |
|  | Family contact name + number |  | Biscuits  |
|  | Address you are going to in Chinese |  | Sweets |
|  | Name + number of homestay partner |  | Food from home to show your family |