

Chinese For Families

A Fun Place to Learn Chinese!

ChineseForFamilies@comcast.net Phone 610-716-1854

The following is opinion and does not reflect the advice of a doctor, nurse, or other health professional. These opinions are merely suggestions for your consideration.

Suggested Packing List

Rule of thumb: pack light - only bring what you can carry and plan to come home with more than you leave with - so pack an empty bag in your luggage. Remember 1 person has to carry the baby so you only have 1-2 hands for luggage.

Clothes for Moms, Dads, and Helpers

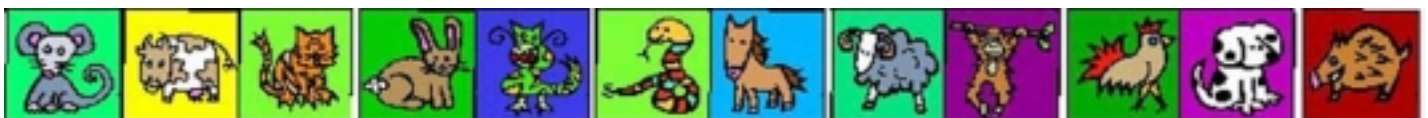
Rule of thumb - 1 to wear 2 to wash & you don't really need to dress up. You can do laundry in the hotel or in many shops around the hotel (especially in Guangzhou).

- ❑ 3 pair pants or shorts (depending on season)
- ❑ 4 shirts (polyester content is key if you want to wash them in your hotel room)
- ❑ 1-2 sleeping/lounging outfits to wear when walking the halls with baby late at night
- ❑ 5 pair socks
- ❑ 2 pair shoes (limit open toed shoes & only bring comfortable walking shoes)
- ❑ 2 plastic hangers for washing/hanging clothes in your hotel room
- ❑ 5 pair underwear

Clothes for baby

Rule of thumb - bring loose fitting items in sets that can be adjusted to fit more than one size. Plan to go through 2-3 outfits a day depending on your child's age.

- ❑ 3-4 pairs of pants (you may not buy pants till you get to Guangzhou - most infant pants are split seam pants)
- ❑ 4-5 shirts (long sleeved shirts - remember the clothing police)
- ❑ 2-3 dresses
- ❑ 3-4 pajamas (remember that baby isn't used to air conditioning and will be cold in the hotel - have pajamas with long sleeves & pants)
- ❑ 5 pair socks
- ❑ buy shoes in China



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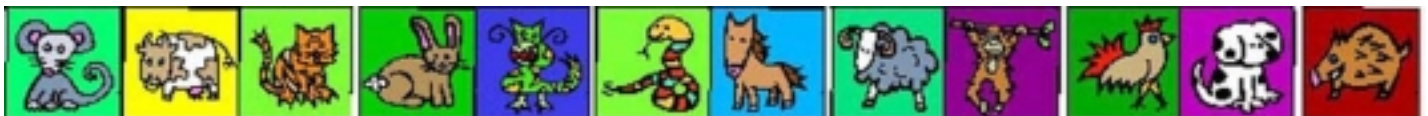
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- ❑ you will be shopping so you can go lighter on the clothing for baby.

Baby Items

Rule of thumb - you can and will be shopping for just about everything so you don't need to bring much.

- ❑ 1 small package of diapers - 2 days worth (16 diapers) - you'll shop for more
- ❑ 2 portable packs baby wipes - each adult needs a pack of wipes
- ❑ Bibsters disposable bibs - enough for 3 meals x # of days you are there
- ❑ 6 plastic bottles (the old fashioned kind - no inserts, no special fancy gadgets)
- ❑ 6 baby nipples (the softest you can find - babies are used to old nipples)
- ❑ 1 small pair of sanitized scissors or clippers to cut the nipples (pack in checked luggage, not carry-on luggage)
- ❑ brush for cleaning bottles & nipples (a combo brush saves space)
- ❑ Box of disinfectant wipes for washing hands (individually wrapped wipes are great after a diaper change)
- ❑ 1-2 jars of prune/oatmeal baby food/cereal or prune juice
- ❑ 4 baby spoons
- ❑ 2 plastic baby bowls
- ❑ diaper rash cream with zinc oxide (avoid talc as an ingredient)
- ❑ scabies cream (prescription)
- ❑ antibiotic (prescription) - not pre-mixed - tell the pharmacist
- ❑ diaper rash cream from your doctor (prescription)
- ❑ pediatric Tylenol (note - talk to your doctor for guidance on use)
- ❑ pediatric Motrin (note - talk to your doctor for guidance on use)
- ❑ Baby Ambesol (note - talk to your doctor for guidance on use)
- ❑ Nasal aspirator (to clear out the sinuses for a sick baby)
- ❑ Baby cold medicine (note - talk to your doctor for guidance on use)
- ❑ Pedialite mix (note - talk to your doctor for guidance on use)
- ❑ baby wash/shampoo
- ❑ stacking cups - great for bath & play
- ❑ stacking rings (teething & play) or shape sorter toy
- ❑ musical toy
- ❑ 1-2 baby/kids books



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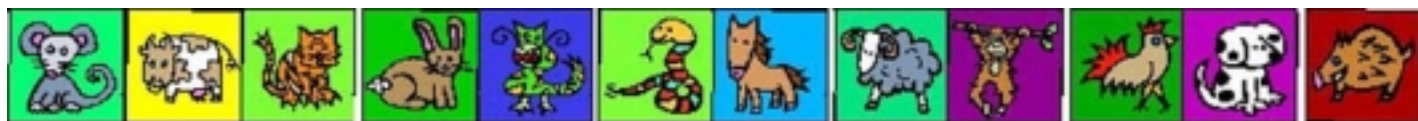
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- ❑ 2 baby blankets – 1 to wash 1 to use
- ❑ diaper bag or baby stuff bag – a backpack is great
- ❑ changing pad – portable/foldable pad
- ❑ SMALL thermos for boiling water – to mix formula – make sure it fits in your diaper/baby stuff/backpack
- ❑ buy formula & rice cereal in China – bring 1 days supply if you HAVE to (Chinese formula has sugar so babies don't like US formula at first).
- ❑ Kids bug repellent if you are traveling in summer (talk to your doctor first)
- ❑ Cheerios & many small zip lock bags
- ❑ Small baby washrags (a few with polyester content – go to the Dollar Store)
- ❑ Baby carrier – if your baby is small enough for one

Other items for Mom, Dad & Helpers

- ❑ Granola bars or other “healthy” snacks for adults who miss meals and need food in the middle of the night – 1 per adult per day is a good amount
- ❑ Individually wrapped tissue packs – for use as TP for adults
- ❑ Lotion tissues for everyone – if you get a cold these are great
- ❑ Over-the-counter decongestant/cold medicine for adults (bring double what you think you need – don't buy OTC or prescription medicines in China)
- ❑ Any prescription medicines you require (don't buy medicines in China)
- ❑ 2 books to read – you may have a lot of down time and need something to do when the baby is asleep
- ❑ money belts – for the US currency you need to carry with you
- ❑ camera
- ❑ video camera, extra battery & battery charger
- ❑ double the film you think you need for both cameras (you can buy film in China)
- ❑ devices to download digital pictures – peripherals etc.
- ❑ batteries for cameras (if your camera takes special/odd sizes bring them with you)
- ❑ adapters for China with surge protectors
- ❑ tooth brushes, toothpaste, shampoo, cosmetics, and conditioner (you can purchase all these items in China but probably would prefer US bough toothbrushes)



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- ❑ Women's sanitary products – pads are available but you may have difficulty buying tampons

Other advice & suggestions

- ❑ Setup a Yahoo email account & pre-populate your address books with friends & family – most/all hotels have computers & internet access and you can email, download pictures, and stay in touch
- ❑ Bring an empty suitcase/bag for additional purchases – fold into your luggage
- ❑ You can mail boxes via surface/sea mail from the Post Office in the White Swan Hotel – they will even help you pack the boxes.
- ❑ You will probably end up buying a cheap umbrella stroller while in China (\$5-6 US)
- ❑ You can use ATM cards at the Bank of China in large major cities such as Beijing and Guangzhou (be prepared for the # pad to look different so memorize your PIN # in #'s not letters) – bring sufficient cash or travelers checks for shopping to tie you over – there are safes in each hotel room
- ❑ Don't plan to use credit cards to pay for meals or shopping – they are not widely accepted in China.
- ❑ You can purchase international telephone cards in China. These are sold at the Chinese Post Office and you can also buy them at the airport. Only buy telephone cards in the province you are visiting. Some cards do not work in different provinces/cities (i.e. a Beijing card may not work in Guangzhou). If your family has caller ID blocking for unknown callers, ask them to remove this feature during your stay, you may not be able to call them from China using a card.
- ❑ Gifts for orphanage employees & nannies – look for advice based on the province you are traveling to – some recommendations include cash (in red envelopes) but cash gifts may specifically be prohibited in certain places. It is appropriate to bring brand name items such as chocolate, cosmetics, and other non-necessity items. Remember that gifts can be used as a supplement to the employee's income and are more customary than sentimental. These gifts are highly likely to be re-gifted and/or sold.

