



American Youth Leadership Program
Hong Kong and Guangzhou, China
(HK-GZ AYLIP)



Travel Information for China

PACKING

Clothing

Clothing in China is typically a little more conservative than in the U.S. You will want to pack clothing that will be comfortable in very hot, humid temperatures, but short skirts and shorts and spaghetti straps are not appropriate. The average daytime temperature is 84°F -88°F, but the humidity will make it seem much warmer. Pack light, as we will be moving around and you will be responsible for carrying whatever you bring.

- Bring at least one nice outfit. (*For most of our activities, casual clothes will be fine, but you will want some nicer clothes for presentations at the embassies, etc.*)
- Bring at least one outfit you don't mind getting a little dirty for outdoor activities.
- It's likely to rain at some point, so a light rain jacket will come in handy. Umbrellas can be purchased there.
- Bring a pair of sturdy, comfortable shoes for walking.

Other items

Be sure to bring:

- Sunscreen
- Medicine: Bring a full supply of any medications you need; consider bringing pain relievers like ibuprofen, anti diarrheal medicine, an antibiotic for severe food poisoning
- Hand sanitizer and/or hand wipes
- Extra contacts if you wear them, or an extra pair of glasses if you have one
- If you are bringing electronic items, you'll need a converter. (China uses 220 volts of electricity, while the U.S. uses 110 volts). China uses several plug sockets, so consider a travel plug adapter if you need to be charging electronics often.
- A list of what vaccinations you have received, what medications you are currently taking will be helpful in case of an emergency.

Remember:

- TSA regulations: liquids, gels, creams, etc (for example: shampoo or contact solution) must be in containers no bigger than 100ml or 3.4 ounces. Those containers must be in a clear, one-quart zip-top bag. (This applies to carry on baggage you are bringing on board the airplane. Larger containers can be packed in luggage that you check.)
- **NOTE:** You are responsible for all of your belongings. VIA is not responsible for any lost or stolen items on this program. Please keep that in mind when deciding what to bring with you – including computers and phones.

OTHER INFORMATION

Insurance: You will have medical insurance through the U.S. State Department's Bureau of Educational and Cultural Affairs, called Accident and Sickness Program for Exchanges (ASPE).

Documents: VIA staff will collect and keep participant passports at most times during the program. We will also provide you with a laminated copy of your passport to carry with you.

Banking: Your bank card will work in most ATMs, which are available everywhere. You won't be able to use your credit card in most of the places we'll be traveling, so be sure to have some cash with you at all times. (All your costs on the program are taken care of – but you will probably want to bring some spending money for souvenirs and other extras).

Immunizations: There are no immunizations required to travel to China, and we will be staying in urban areas. But be sure to check with your physician to make sure you are up-to-date on routine vaccinations. It's also a good idea to ask whether they recommend any additional vaccinations.