

Packing Checklist for Your Trip

1. Travel Essentials

Passport (valid for at least 6 months)
Visa (or documentation for 144-hour visa-free transit)
Flight Tickets (printed or digital copy)
Travel Insurance details
Vaccination/Health Records (if required)
Cash and Credit Cards (some Chinese stores may not accept foreign cards)
Hotel Reservation Details
Emergency Contact Information

2. Electronics

Smartphone (with essential travel apps, like translation and maps)
Portable Charger/Power Bank
Travel Adapter (China uses Type I plugs with 220V)
Headphones (preferably noise-canceling for the flight)
Laptop/Tablet (if needed for work or entertainment)
Camera (optional, for capturing moments)
USB Cables/Chargers
eSIM/Local SIM Card (or portable Wi-Fi device)

3. Clothing *(Based on Season)*

Winter (Dec - Feb):

Warm coats
Thermal layers
Sweaters
Gloves, scarves, and hats
Comfortable boots

Summer (Jun - Aug):

Light, breathable clothes
Sun hat or cap
Sunglasses
Comfortable walking shoes

General:

Undergarments and socks
Pajamas
Workout clothes (if needed)
Swimwear (if staying in a hotel with a pool)

4. Toiletries

Toothbrush and toothpaste
Travel-sized shampoo, conditioner, and body wash
Deodorant
Skincare products (moisturizer, sunscreen, etc.)
Hairbrush/comb
Makeup (if applicable)
Shaving kit
Feminine hygiene products (if needed)
Contact lenses and solution (if required)

5. Health & Safety

Face masks (for flights or public areas, if required)
Hand sanitizer
Travel first aid kit (band-aids, antiseptic wipes, etc.)
Prescribed medications (with prescriptions)
Motion sickness remedies (if needed)
Travel-sized tissues

6. On-Flight Comfort

Neck pillow
Eye mask
Earplugs
Travel blanket
Snacks
Reusable water bottle (empty for airport security)
Entertainment (books, Kindle, magazines, or downloaded movies)

7. Documents and Copies

Copies of passport, visa, and travel insurance (printed and digital)
Emergency contact numbers
Backup of important documents in cloud storage

8. Miscellaneous

Reusable shopping bag
Travel guidebook or map of Shanghai
Notebook and pen
Gifts (optional, for business or personal visits)

9. Items for Shanghai Exploration

Comfortable walking shoes
Umbrella or raincoat (weather-dependent)
Local currency (CNY)
Translation app like Google Translate
Metro card or travel app for public transport

10. Optional Items

Travel locks for luggage
Small padlock for hotel safes
Packing cubes (to keep your suitcase organized)
Laundry bag for used clothes