



## Air Travel

**\*\* [www.tsa.gov](http://www.tsa.gov) for Traveler Information, Rules, and Prohibited Items \*\***

- ☐ Personal electronic entertainment devices
- ☐ Chargers
- ☐ Chewing gum
- ☐ Ziplock bags for carry-on liquids \*See tsa.gov\*
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_

## Money

- ☐ Money pouch
- ☐ Cash for spending
- ☐ Credit cards
- ☐ Credit Card customer service phone numbers
- ☐ Copies of credit cards
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_

# China / Tibet Tour 2015

## Travel Check List



## Shao-Lin Kung Fu & Tai Chi

China Tour 2015, PO Box 254,  
Wiggins, CO 80654

[bouldercsc@aol.com](mailto:bouldercsc@aol.com)

[Shao-Lin.com](http://Shao-Lin.com)

28 Years of Tours to  
China and the Orient!



## Documents

- ☐ Airline Tickets
- ☐ Passport
- ☐ Color Passport copies
- ☐ Phrase book
- ☐ Travel book
- ☐ Emergency numbers
- ☐ Addresses for mailing postcards
- ☐ Serial numbers of expensive audio / video equipment
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_

## Food

- ☐ Instant oatmeal
- ☐ Granola bars
- ☐ Trail mix
- ☐ Hot Cocoa
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_



## Clothing

**\*\* Fast drying clothing optimal \*\***

- ☐ Pants with pockets (i.e. cargo)
- ☐ Comfortable shoes for walking and hiking
- ☐ Hat for sun protection
- ☐ Inexpensive pocket size rain poncho
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_

## First-Aid

- ☐ Sunscreen
- ☐ Antibiotic ointment
- ☐ Motion sickness medicine
- ☐ Diarrhea medicine
- ☐ Over the counter pain relief (i.e. aspirin)

- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_

## Camera

**\*\* If traveling with a new camera, be sure to become familiar with it prior to tour \*\***

- ☐ Camera power converter (if required)
- ☐ Extra batteries
- ☐ Extra memory cards
- ☐ Battery charger
- ☐ Camera cloth
- ☐ \_\_\_\_\_

## Equipment

- ☐ Cell phone and charger
- ☐ Adapter outlet plugs
- ☐ Travel electric power converter
- ☐ Chopsticks with case
- ☐ Travel alarm
- ☐ Backpack or waist pack
- ☐ Clothesline
- ☐ Laundry detergent
- ☐ Two-way walkie talkies
- ☐ Collapsible backpack or luggage bag (for purchased items)
- ☐ Kung-Fu weapon for performance

*\*Must be in Checked Luggage\**

- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_

## China / Tibet Tour 2015

The adventure begins...



## Personal Care

- ☐ Prescription medication *\*See tsa.gov\**
- ☐ Extra pair of eyeglasses
- ☐ Contacts and contact solution
- ☐ Razor *\*Safety Razors Must be Checked\**
- ☐ Sanitary products
- ☐ Hand wipes and travel facial tissue
- ☐ Shampoo and conditioner
- ☐ Dental floss / toothpicks
- ☐ Toothbrush / toothpaste

- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_

## Packing Supplies

**\*\* For Purchased Items \*\***

- ☐ Clear shipping tape
- ☐ Printed address labels
- ☐ Black marker

- ☐ \_\_\_\_\_