



Air Travel

**** www.tsa.gov for Traveler Information, Rules & 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

Shao-Lin.com

28 Years of Tours to
China & 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)
- _____
- _____



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
- Shampoo and conditioner
- Dental floss / toothpicks
- Toothbrush / toothpaste
- _____
- _____

Packing Supplies

**** For Purchased Items ****

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

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
- _____
- _____

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The adventure begins...