



CHINA

KNOW BEFORE YOU GO

WATER

The tap water is untreated so we recommend drinking only bottled water or carbonated drinks in cans and bottles. Avoid tap water, fountain drinks and ice cubes.

ELECTRICITY

Electricity in China is 220 volts, 50 cycles AC, so you will need a converter if your chargers do not have one built in. Sockets are for two or three pin plugs and often only take American-style plugs with flat metal prongs. Reduced power and total blackouts may occur sometimes. Adapters and converters are not always available, so it is best to carry your own.

PASSPORT & VISA

All American and Canadian citizens must have a passport which is valid for 6 months after your return date. Note that visas are required for entry to China. You are responsible for obtaining your visa prior to departure. The application is now required to be completed electronically. Optimal time for applying is between 90 – 60 days prior to your departure date. China will not issue a visa more than 90 days in advance. For your convenience, you can use the following link:

www.passportvisasexpress.com/thomson-family-adventures.xml

A “Letter of Invitation” is required with your application, which will be provided by Thomson Family Adventures after confirmation of booking.

TIME ZONE

China is 13 hours ahead of the East Coast and 16 hours ahead of the West Coast (+8 GMT). If it's noon in China, it is one a.m. in New York.

CURRENCY

China's official currency is the people's money, or the Renminbi (RMB). This is based on the Yuan, which is divided into 100 Fen or 10 Jiao. There are banknotes for 1, 5, 10, 20, 50 and 100 Yuan as well as coins and banknotes for 1, 2 and 5 Fen.

IMMUNIZATIONS

While no immunizations are required, you should consult your medical provider for the most current advice. See your Prep Guide for more information.

SOUVENIRS

A great many shops specialize in particular items such as tea, calligraphy and artists' materials, paper-cuts, and products typical of the place or the region, such as articles from bamboo or woven straw.

WiFi

WiFi is available at the hotels but may be slower than what you're accustomed to.



**Thomson Family
Adventures**

800.262.6255 | familyadventures.com



MUST HAVE

Packing Essentials

LUGGAGE

Backpack
Soft-sided suitcase or bag
TSA approved luggage lock



**If you have internal flights on your itinerary you will have a weight limit of one 44 pound checked bag per person.*

CLOTHING



Swimsuit
Sun shirt / Long sleeve shirts
Quick dry T-shirts and shorts
Lightweight long pants (convertible pants are great)
Sleepwear
Undergarments & socks
Skirt, dress or nice pants (optional for evenings)

OUTERWEAR

- Wind or waterproof jacket
- Light-weight fleece



FOOTWEAR



- Comfortable running or walking shoes
- Sandals

PERSONAL ITEMS

Sunscreen and Insect repellent
Hand sanitizer and tissues
Toiletry kit
Cell phone and camera
Charger, power bank and headphones
Motion sickness medication
Drysacks and laundry bags



ACCESSORIES



- Sunglasses
- Wide brimmed hat
- Water bottle

CLIMATE INFORMATION



The climate varies greatly in different parts of China. The country stretches the latitudes from Newfoundland down to the Caribbean. Beijing in the north has roughly the same climate as Boston, while Guangzhou to the south is humid and semi-tropical. In the northeast the summers are hot and dry and the winters are very cold. In the southeast, the winters are brief and the summers are hot and humid.



DON'T FORGET...



REMOVE JEWELRY



Don't bring anything expensive or irreplaceable.

TRAVEL DOCUMENTS



Passport
Visa
Itinerary
Emergency contact info

CELL PHONE



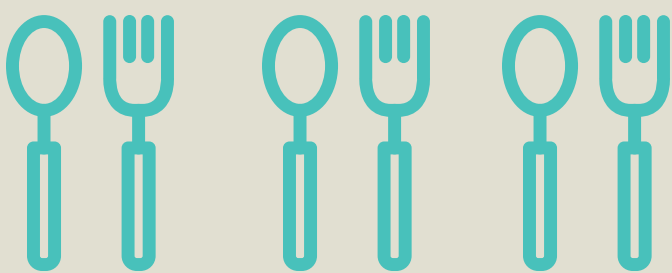
Turn off roaming
Check for international rates/plans

SPEAK UP



Don't wait until you get home. If you have any problems on the trip regarding accommodations, meals, activities, etc. speak to your guide or contact Thomson Family Adventures.

FOOD



If your child is not an adventurous eater, we recommend that you bring some of their favorite snacks from home, such as peanut butter or trail mix.

CASH & CREDIT CARDS



Always contact your bank before traveling.

LANGUAGE

Hi!

Hey!

ENGLISH

Hello
Goodbye
Please
Thank you
How are you?
Do you speak English?
How much is this?

Nǐ hǎo
Zàijiàn
Qǐng
Xièxiè
Nǐ hǎo ma
Nǐ huì shuō yīngyǔ ma
Zhège duōshǎo qián

CHINESE