

PACKING LIST

(Assumes the adoption of an infant approximately 8 to 16 months old.)

<input type="checkbox"/>	C	B	Total Items	Item to pack or take
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Check box to be marked off when packing

C Number of parents' carry-on and pocket items on trip to China and back home* (including the clothes you're wearing)

B Number of carry-on items for baby on trip from China back home* (including the clothes baby is wearing)

* Check with airline to see what's allowed in carry-on baggage.

Baby's Clothes

<input type="checkbox"/>		1	2	Blanket
<input type="checkbox"/>		1	1	Sun hat
<input type="checkbox"/>		1	1	Shoes – Robeez, pair
<input type="checkbox"/>		1	11	Full outfit
<input type="checkbox"/>		1	1	Special arrival home outfit
<input type="checkbox"/>			4	Sleeper
<input type="checkbox"/>			1	Jacket
<input type="checkbox"/>			1	Pants
<input type="checkbox"/>			1	Shoes – runners, pair
<input type="checkbox"/>			10	Socks, pair
<input type="checkbox"/>			6	Undershirt (if cold weather)
<input type="checkbox"/>			1	Snowsuit (if cold weather)
<input type="checkbox"/>			1	Mittens, pair (if cold weather)
<input type="checkbox"/>			1	Fleece hat (if cold weather)

Baby's Health

<input type="checkbox"/>		1	1	Antibiotics, bottle (prescription)
<input type="checkbox"/>		1	1	Antibiotic eye drops, bottle (prescription)
<input type="checkbox"/>		1	1	Infant Tylenol or Motrin, box (pain & fever)
<input type="checkbox"/>		1	1	Anbesol, box (teething)
<input type="checkbox"/>		1	1	Infant Dimetapp, box (cold & cough)
<input type="checkbox"/>		1	1	Infant Gravol, box (nausea)
<input type="checkbox"/>		1	1	Pedialyte, bottle (diarrhea)
<input type="checkbox"/>		1	1	Ovol, bottle (gas)
<input type="checkbox"/>		1	1	Polysporin for kids, tube (cuts & abrasions)
<input type="checkbox"/>		1	1	Hydrocortisone cream, tube (rashes)
<input type="checkbox"/>		1	1	Digital ear thermometer with refills, kit
<input type="checkbox"/>		1	1	Dosage spoon
<input type="checkbox"/>		1	1	Oral syringe (if not with above medicine)
<input type="checkbox"/>			1	Infant laxative suppositories, box (constipation)
<input type="checkbox"/>			1	Nix cream, tube (lice)
<input type="checkbox"/>			1	Baby sunscreen lotion
<input type="checkbox"/>			1	Baby insect repellent
<input type="checkbox"/>			1	Tweezers

Baby's Hygiene

	6	5 to 8 per day	Diaper, size 3
	1	1	Diaper rash cream, bottle
	1	4	Washcloth
	1	1	Baby hair brush
	1	2	Baby wipes, travel pack
		20 per day	Baby wipe
		1	Baby shampoo, bottle
		1	Baby lotion, bottle
		2	Change pad, travel size or disposable
		10	Diaper disposal bag
		1	Baby nail clippers
		1	Baby toothbrush

Baby's Food

	1	1	Cheerios, box contents (in Ziploc bags)
	1	1	Animal crackers, box or bag contents (in Ziploc bags)
	1	2	Bib
	1	1	Sippy cup
	1	4 to 6	Nipple, variety of types
	3	3 to 5 per day	Bottle liner
	1	2	Bottle (4 ounce)
		2	Bottle (8 ounce)
		1	Thermos
		2	Bowl with lid
		2	Spoon, plastic
		1	Kitchen tongs (for sterilizing nipples)
		2	Formula, can (leave in original containers)
		1	Prunes, juice in bottle/box or purée in jar
		8	Baby food, jar, variety
		1	Crackers, box contents, variety (in Ziploc bags)
		1	Arrowroot crackers, box contents (in Ziploc bags)
		1	Popcorn twists, bag contents (in Ziploc bags)
		½	Nestle rice cereal, box contents (in Ziploc bags)

Baby's Entertainment

	1	1 or 2	Cloth or other chewable book
	1	1	Small toy with mirror
	1	1	Small stuffed animal (chewable)
	1	1	Plastic keys chew toy
	1	1	Teething ring
		1	Stacking cup set
		1	Small bath toy
		1	Small toy with music

Baby's Stuff

	1	1	Umbrella stroller
	5	5	Safety pin, large
	5	5	Safety pin, medium
		1	Snuggli or other baby carrier

Father's Stuff

1	1	Airline ticket
1	1	Frequent flyer card
1	1	Passports (more than 6 months to expiry date)
1	1	Immunization record
1	1	House key
1	1	Wallet/change purse
1	1	Small notebook (for travel journal & notes)
1	1	Contact lenses or prescription glasses, as needed
1	1	Sun hat or cap
1	1	Comb
1	1	Credit card(s)
1	1	Provincial health card
1	1	Health insurance card
1	1	Phone calling card
1	1	Driver's license
1	1	Eye shade (if needed for sleeping)
1	1	Inflatable travel neck pillow (if needed)
1	1	Sunglasses
1	1	Wristwatch
1	1	Headphones (preferably noise cancelling)
1	1	Headphone adapter for plane
1	1	Backpack (use as carry-on luggage)
1	3	Luggage tag
1	3	Luggage key and lock, set
1	2	Pen
	1	Bathroom bag
	1	Shaving kit
	1	Toothbrush
	1	Dental floss, box
	1	Deodorant
	2	Hard sided suitcase with handle/wheels
	2	Luggage strap (to help keep luggage closed)
	1	Fanny pack
	10	Earplug, foam
	1	Inflatable travel pillow
	1	Pillowcase
	2 to 4	Plastic or plastic coated hanger
	1	Umbrella (compact)
	1	Jacket
	1	Rain poncho
	1	Belt
	1	Jeans or cargo pants
	1	Sweatpants (use for pajamas with T-shirt)
	2	Short pants
	1 per day	T-shirts
	1	Shirt
	1 per day	Underwear
	1	Runners, pair
	1	Sandals, pair
	1 per day	Socks, pair
	1	Gloves, pair (if cold weather)
	1 or 2	Sweater/sweatshirt (if cold weather)
	1	Parka or warm coat (if cold weather)
	1	Introduction/explanation card in Chinese, laminated
	1	Translation card, laminated

Mother's Stuff

1	1	Airline ticket
1	1	Frequent flyer card
1	1	Passports (more than 6 months to expiry date)
1	1	Immunization record
1	1	House key
1	1	Wallet/change purse
1	1	Small notebook (for travel journal & notes)
1	1	Contact lenses or prescription glasses, as needed
1	1	Sun hat or cap
1	1	Hair brush
1	1	Credit card(s)
1	1	Provincial health card
1	1	Health insurance card
1	1	Phone calling card
1	1	Driver's license
1	1	Eye shade (if needed for sleeping)
1	1	Inflatable travel neck pillow (if needed)
1	1	Sunglasses
1	1	Wristwatch
1	1	Headphones (preferably noise cancelling)
1	1	Headphone adapter for plane
1	1	Backpack (use as carry-on luggage)
1	3	Luggage tag
1	3	Luggage key and lock, set
1	2	Pen
	1	Bathroom bag
	1	Toothbrush
	1	Dental floss, box
	1	Deodorant
	1	Sanitary/hygiene products, as needed
	1	Makeup kit (minimal)
	1	Manicure kit
	1	Small unbreakable travel mirror
	2	Hard sided suitcase with handle/wheels
	2	Luggage strap (to help keep luggage closed)
	1	Fanny pack
	10	Earplug, foam
	1	Inflatable travel pillow
	1	Pillowcase
	1	Hair dryer (if needed)
	1	Curling iron (if needed)
	2 to 4	Plastic or plastic coated hanger
	1	Umbrella (compact)
	1	Jacket
	1	Rain poncho
	1	Belt
	2	Jeans
	4	Short pants
	1	Sun dress
	1 per day	T-shirt or other shirt
	1	Night gown
	1	Bathrobe
	2	Bra
	1 per day	Underwear
	1 per day	Socks, pair
	1	Runners, pair
	1	Sandals, pair
	1	Glove, pair (if cold weather)
	1 or 2	Sweater/sweatshirt (if cold weather)
	1	Parka or warm coat (if cold weather)
	1	Introduction/explanation card in Chinese, laminated
	1	Translation card, laminated

Parents' Health

1		1	General antibiotic, bottle (prescription) – father's
1		1	General antibiotic, bottle (prescription) – mother's
1		1	Antibiotic eye drops, bottle (prescription)
1		1 set	Prescription medications, as needed
1		1	Allergy medication, as needed (allergies & air pollution)
1		1	Nose spray, bottle (nasal congestion)
1		2	Throat lozenges, pack
1		1	Flu/cold medicine, box
1		1	Tylenol, Motrin, Aspirin, and/or Advil, bottle (pain)
1		1	Back pain medication, bottle
1		1	Gravol, box (nausea)
1		1	Pepto-Bismol, bottle or tablets (indigestion/nausea/diarrhea)
1		1	Imodium, box (diarrhea/gas)
1		1	Gastrolyte, bottle (diarrhea dehydration)
1		1	ChapStick (lip balm) – father's
1		1	ChapStick (lip balm) – mother's
		1 per day	Multivitamin (in Ziploc bag) – father's
		1 per day	Multivitamin (in Ziploc bag) – mother's
		1	Laxative, box (for constipation)
		1	Polysporin, tube (cuts & scrapes)
		1	Sunscreen lotion, bottle
		1	Insect repellent, bottle
		1	Band-Aids travel pack or small first aid kit
		1	Gas mask for smoky restaurants – just kidding! (mostly...)

Parents' Hygiene

1		3	Hand sanitizer, tube
1		2	Wet wipes, box (for hands)
1		12	Travel size facial tissue packs
1		2 each parent	Toilet paper, roll
20		20	Paper towels, half sheets, folded
1		1	Glasses cleaning kit
		30 to 40	Q-tip
		20	Toothpicks
		1	Nail clippers
		1	Shampoo, bottle
		1	Toothpaste, tube
		1	Moisturizing lotion, bottle
		1	Hand soap, pump bottle
		10	Alcohol wipe, package
		1	Laundry detergent, in Tupperware container
		1	String, 3 m (for drying clothes)
		10	Clothespin

Parents' Food

2		20	Granola bar
2		4	Bottled water, small
		5	Ichiban noodles/instant soup, pack
		10	Instant oatmeal, pack
		1	Peanut butter, small jar
		1	Travel cutlery, set or pocket knife set
		1 per day	Plastic cups, disposable

Parents' Technology

	1		1	Calculator (small)
	1		1	Laptop computer (for emails, blog, photos)
	1		1	MP3 player
	1		1	Digital still camera, kit
	1		1	Video camera, kit
	1		1 to 3 per day	Video tape, DVC, 1 hour
	1		1	Lens cleaner, bottle
	1		1	Lens cleaning tissue, pack
			1	Travel alarm clock
			1	Flashlight, small
			2	Flashlight battery set (fresh)
			1	Laptop charger
			1	Laptop network cable
			3 or 4	Camera memory card, 1 to 2 GB
			2	Camera rechargeable battery
			1	Camera charger
			1	Camera USB cable (for laptop)
			1	Camera manual
			2	Video camera rechargeable battery
			1	Video camera charger
			1	Video camera USB cable (for laptop)
			1	Video camera manual
			1	Small camera tripod
			1	AC power converter kit
			1	AC 2-prong triple tap (for charging multiple batteries at once)
			1	AC 2-prong extension cord, 1 m
			6	CD-R disc (for sharing or backing up data using laptop)
			1	Polaroid camera (if desired for extra fun)
			3 to 5	Polaroid camera film cartridge
			1	Portable shortwave radio (for news & entertainment)

Parents' Stuff

1		1	Traveler's cheques, \$2000 to \$3000 U.S. funds
1		1	Cash, \$1000 U.S. funds (emergencies)
1		1	Chinese cash, change & bills, \$100, in Ziploc bag
1		1	Canadian cash, change & bills, \$200, in Ziploc bag
1		1	Money belt
1		1	Airline ticket for baby (one way)
1		1	Travel/medical insurance documents
2		2	Travel itinerary, copies
1		1	List of snail mail addresses (for postcards)
1		1	List of phone numbers
1		1	List of email addresses
5		10 to 20	Business cards
1		1	Post-It notes, small pad
1		1	Duct tape, small roll
4		4	Bicycle strap (for securing luggage, etc.)
1		1	Luggage tag (for extra suitcase)
1		1	Luggage key and lock, set (for extra suitcase)
1		1	Sanity, as available :-)
		1	Scotch tape, narrow roll
		1	Scissors
		1	Sewing kit
		1	Swiss Army knife (includes can opener)
		1	Extra suitcase (to bring back with loot – or buy in China)
		1	Luggage strap (to help keep extra suitcase closed)
		1 or 2	Mailing tube (for posters, scrolls, etc.)
		1	Bubble wrap, as needed (for packing)
		20	Cable tie or twist tie (for cables, etc.), variety
		20	Ziploc bag, small
		10	Ziploc bag, large
		10	Kitchen garbage bag
		1	China guide & language books, as desired
		1	China maps, as desired
		1	Medium-point permanent black felt pen
		20 to 30	Blank sheet of letter-sized paper
		5	Envelope (for donations, fees, etc.)
		1	Small family photo album
		1 set	Small gifts, variety, such as: - Chinese New Year stamps - Canada key chains - Canada flag pins - Canada pencils or pens - Canada flag stickers - Postcards

Adoption Stuff

(Check against latest adoption agency's lists to ensure you have everything required.)

1		1	Cash, \$4000 U.S. cash in pristine \$100 bills, in Ziploc bag
1		1	Waterproof pouches or Ziploc bags, as needed for paperwork
4		4	Photocopy of passport – father's
4		4	Photocopy of passport – mother's
1		1	Passport picture – father's
1		1	Passport picture – mother's
1		1	Notice of coming, original
3		3	Notice of coming, photocopy
1		1	Adoption dossier complete with translation, copy
1		1	Referral package (with translation & baby's medical report), copy
1		1	Letter Seeking Confirmation from Adopter, copy
1		1	Letter of No Objection, copy
		1	Gifts for Chinese officials, as decided by group

What *not* to pack

(I apologize in advance for excessively opinionated rants & overuse of exclamation points.)

Baby bathtub	The normal bathtub or hotel room sink works fine.
Baby bed	The hotel will provide a crib.
Baby sandals	Use Robeez instead – they’re more comfortable for the baby, and cuter! We found red Robeez with a white Canadian maple leaf on them – they drew many smiles and comments from Chinese passersby who realized we were from Canada.
Baby sunglasses	Sure, it’s all fun until someone loses an eye! A good sun hat will shade baby’s eyes and be safer for everyone involved (as well as less of a nuisance).
Formal clothing, neck tie, high heels, skirts, nylons	Dress for comfort! Formal wear will not be needed.
Hot pot, kettle	The hotel will have a kettle or coffee maker for boiling water.
Latex gloves	I hope you’re not afraid to handle your baby! Just wash your hands frequently – always a good practice.
Lighter, matches	Don’t get me started... Not only are these classified as dangerous goods and are therefore not allowed in baggage, but do everyone a favour and quit smoking! Toss your cancer sticks and kick this disgusting addiction! Please stop polluting everyone’s air! And stop making me waste all these exclamation points!!! (Although you’ll be right at home in China – the smoker’s paradise...)
Novel	No time to read it, except perhaps on the plane ride to China, where we just read our China guides instead. Some people bring a paperback and just leave it behind on the plane or in the hotel when they depart.
Pacifier	Don’t get your kid hooked! Use chew toys instead – teething rings were well used by all the infants in our group. You might want to bring a pacifier for yourself, though. :-)
Perfume, cologne	Don’t get me started again – too late! Please leave this noxious stuff at home – it won’t be appreciated by your fellow travelers or your baby (or anyone else who likes to breathe). There’s enough air pollution in China without you finding ways to add to it! Please don’t make me waste more exclamation points!
Purse	Use backpacks, and take them as carry-on luggage.
Sleeping pills	A bad idea anytime, let alone when you’re responsible for a child! Yikes!
Speaker – any device that makes noise	For the last time, don’t get me started... If you bring a radio, use the headphones when outside of your hotel room. If you have a baby toy that makes a lot of noise, leave it in your hotel room rather than inflicting it on fellow travelers (or at least tape over the speaker holes to lower the volume to less annoying levels). Or just don’t bring that stuff with you to China at all. Let’s face it – nobody wants to be stuck in a tour bus with a smoke and/or perfume and/or noise emitting person – just stick to your natural emissions. :-)
Swim suits, baby swim suit and swim diaper	There’s enough stress on your new baby without going for a swim for the first time in her life too. Some of these babies are scared of a bathtub, let alone a whole swimming pool! Anyway, I’d rather be touring than swimming, plus I wouldn’t swim in water that I wouldn’t drink out of the tap, even if it is more chlorinated!
Tape recorder	Use your video camera instead.
Tongue depressors	The doctors will have their own!
Worries	Don’t pack up your troubles in your old kit bag, but do smile, smile, smile :-). And don’t get me started...

What to pack that you might think is unnecessary

(All of these items are included in the main packing checklist.)

Clothes for every day	Most hotels in China have cheap laundry service, so you can take fewer clothes if you use that option, or want to take the time and effort to launder your clothes in your hotel room. There's always a risk, however slight, of the laundry service damaging or losing your clothes. We take enough lightweight clothes to last the full trip without laundering, just in case...
Poster tube(s)	Contrary to some advice, sturdy poster tubes do <u>not</u> usually come with purchases, so take at least one with you – two, if you like to buy a lot of posters and scrolls.
Hair dryer	A working hair dryer may or may not be in your hotel room, but even if it's provided, it may not be to your liking. Or you can go for naturally dried hair, but that may take days given the humidity.
Soap	The hotel will have hand soap, but some people react badly to some kinds of soap, so you may not want to use it on your hands, let alone your face. Best to bring a bar of soap you're already used to.
Stroller	Don't count on the hotel to provide strollers – there are usually not enough available. While you can buy cheap strollers in China, you may not have a chance to do so until a few days after you have the baby. Don't bring a full size stroller – you'll regret it! Our umbrella stroller was so compact when collapsed that we could take it inside the tour bus with us.
Everything!	Don't assume you can buy everything you need in China at anytime – we went straight to our hotel in Nanchang where it was not possible to buy much until we were bussed to Wal-Mart, a few days into the trip.