

Packing Advice for MPF International Participants:

Much of the following information may be found in a good guide book. You are encouraged to get your own guidebook to the U.S.A.

1. **Passport:** You should keep your passport with you all the times when traveling abroad. Put it where it will not get separated from you. I use a waist pouch. Some people use one that hangs around their neck. Coat pockets, pocketbooks, backpacks, etc. are **NOT** good places for passports or airline tickets. I would say the same for money. I suggest you take a picture of your visa and information pages of passport and all the credit cards(front and back)/other ID cards, and send them to yourself in an email so that in case of an emergency, you have access to the information.
2. **Money:** Not all banks in the U.S. exchange money. Visa/Master Card are widely accepted. Real money is good, but you can lose them. Bring some small bills, they can come in handy in emergency situations (tips, taxi, on the street, if you need to buy something). Having some USD upon arrival can be convenient.
3. You are strongly encouraged to scan (PDF) or photograph (JPG) your credit cards, all tickets, passport, and visa and then email them to yourself as a backup copy that lives in cyber space and available at any time/place.
4. Make and carry an “Emergency Card” with your medical conditions/allergies/emergency contact info (please include Dean of International Students Mr. Duo Shen 302.753.3210 as your local MPF contact)
5. How much money to bring? We would suggest \$300-\$800 for shopping and miscellaneous expenses, depending on your desire for souvenirs. Remember, if your luggage goes over the limit, you are likely to be charged.
6. **Baggage allowance:** Your China-US-China int’l flights include one checked-in piece at 50 pounds for free and we suggest that you pack light. If you plan to do a little shopping (Delaware is the capital of tax-free shopping for all tourists visiting the U.S.), we would suggest that you pack an empty bag in your suitcase.
7. Do not carry penknives or liquids in your hand luggage - you may not pass airport security. Cream and makeup can be sealed in a small plastic zip bag.
8. **Clothes:** Newark, Delaware and the areas of the east coast you will visit are on the same latitude as Beijing. However, in July and August, it can be very hot and humid. Indoor air condition is VERY cold in the U.S., so please bring some spring clothing to wear indoors!

9. Wear cool and comfortable walking shoes (waterproof them with silicone spray). There might be lots of walking in the U.S.! WEAR SHOES THAT YOU CAN WALK IN COMFORTABLY.
10. Water: You can drink from the tap in the U.S. as it is all purified. Bottled water is certainly cheap - about \$0.30/bottle if bought by the case.
11. Toiletry (feminine needs). Always carry a pack of Kleenex; a few packs of wet towels (handy wipes) could come in handy!
12. Meals. Most of the meals are covered by the MPF fee.
13. Electrical appliances. U.S. uses 110v cycles, but most computers, ipods, ipads etc have their own converters so there won't be a problem. Get American style plugs/adapters or converters for you to use.
14. Hair dryers are available in hotel rooms, not the campus dorms.
15. Laptops are permissible, there are many Internet cafes in and out of the hotel. Some of our hotels will have free or cheap internet connections in your own room. MPF will also provide free wifi coverage 24-7 during the festival.
16. Everyone should download weChat(wifi). You can make video calls, text, voice message, etc. International calls cost about \$2.50 a minute from U.S.
17. Get international roaming (call/data) plan from your phone company if you plan to use your phone while traveling.
18. If you do not plan to use the calling/data plan, this is EXTREMELY IMPORTANT, TURN OFF DATA ROAMING ON YOUR CELLPHONE OR YOU WILL GO HOME WITH SEVERAL THOUSAND DOLLARS OF CELL PHONE CHARGES. Before you depart, change your outgoing message to something like "I am out of the country until August....., contact me via email please". If you use an iPhone, go to *settings*, and turn off *cellular data*. You can still use it in telephone roaming mode for free as long as you did not call or answer a call, and keep track who is calling your cell with your cell phone's caller ID and email them back. Your phone will also be able to go online for email and internet where WIFI is available.
19. Medicine: Bring some for colds and headaches. Most people also bring some cough drops. Melatonin is great for helping you get over jet-lag (read the Warning on the bottle and consult your physician before purchase or consumption of this or any other drugs). Other sleeping pills like Ambien would need prescription (which is better than Ambien CR for me). Keeping cold and diarrhea medicine on you could be very helpful. Bring extra amounts of your prescription medication just in case you need to stay in the U.S. longer due to an emergency.

20. Social conventions - smiling and eye-contact: people may react differently - we shall leave it to your judgment as part of your experience. Americans are generally touchy-feely people (many people hug). A handshake is normally very firm and hard in the USA. There are generational, educational, job-related, and exposure-to-the-East gaps, etc. Again, use your own judgment for individual cases and keep your eyes open and see what people do.
21. Things to pack: Passport, visa, traveler's checks, money, airline tickets, reading material, camera and accessories, batteries, charger/converter(220 to 110), iPod, iPad, film/memory cards, English-Chinese dictionary, sunglasses, sunscreen, contact lens solutions, grooming items, dental supplies, medicines, vitamins, lomotil, any special medications (insulin, etc.), Kleenex is good to have handy.
22. Other useful things to bring: sunscreen (most American sunscreen does not have lightening agents), a light sweater for evening excursions/indoors, umbrella for rain and sun.
23. Call your credit card companies to inform them that you will be traveling to the U.S. and let them know the amount you plan to spend in the U.S. Some card companies will likely charge you a 2% foreign transaction fee. Many people use ATMs for less cost, please check with your bank.

Have a great Trip and see you in the U.S.!