

# INTERNATIONAL INSTITUTE OF MEDICAL QIGONG JOURNEY INTO DAOIST MYSTICISM

## Packing List

**Clothing** – Dress in layers, it may be cold.

- Shoes (2 pairs - 1 for walking, 1 for working out)
- Socks
- Underwear
- Shirts
- Pants (comfortable for training)
- Jacket or Sweatshirt
- Outerwear (gortex jacket or similar)
- Gloves
- Hat
- Sunglasses

### Toiletries

- Toilet paper
- Soap
- Shampoo / Conditioner
- Razor / Shaving cream
- Toothbrush / Tooth paste
- Feminine products
- Hair Dryer
- Q-tips
- Comb
- Sunscreen
- Insect repellent

### To keep on you

- Handy wipes
- Purell hand gel
- Small packs of tissue
- Lip Balm/moisturizer

### First Aid

- Antacids (TUMS / Pepto)
- Anti-Diarrhea (Imodium AD)
- Band aids
- Alcohol Swabs
- Neosporin
- Digestive Enzymes

### Miscellaneous

- Video camera
- Camera (Extra memory cards)
- CD player/walkman
- Power Converter (*necessary to run any equipment from the US*)
- Day /Backpack / Fanny pack
- Notebook /Pens
- Laundry detergent
- Travel alarm clock
- Personal Ionizer (<http://www.natlallergy.com> )
- Money belt / Passport Pouch
- Lonely Planet “Mandarin Phrasebook”
- Phone card
- Small locks for luggage
- Earplugs
- Inflatable neck pillow
- Eyeshades
- Bubble wrap/duct tape (for packing fragile gifts)
- Travel size sewing kit
- Zip-lock bag

**Food** – You may want to bring your favorite snack foods.

- Energy bars (Power bars, Cliff bars, etc.)
- Dried fruit
- Nuts
- Granola
- Breath Mints
- Vitamins/Supplements
- Teas / Coffee
- Chocolate/sweet treats
- Personal medications
- Herbal remedies / Essential oils