

## SUGGESTED PACKING LIST

### Adoption Horizons

#### For The Plane

Books and Magazines  
Travel Games  
Earplugs  
Neck Pillow  
Water Bottles \*  
Eye Shades \*  
Gum \*  
Nasal Saline Spray \*

#### Toiletries

Makeup (only essentials)  
Shampoo/Conditioner (2 per person)  
Comb/Brush  
Personal Feminine Products  
Hairspray/Mousse etc.  
Toothpaste/Toothbrush  
Floss  
Lotion/Moisturizer \*  
Small Packets of Kleenex (3-4)  
Razors  
Shaving Cream  
Deodorant  
Woolite - Travel Size  
Liquid Antibacterial Soap  
Extra Batteries

#### RX For Adults (\*avoid liquid medications if possible)

Band-aids  
Ibuprofen (or personal pain medication)  
Any Vitamins you take daily  
Imodium AD  
Anti-Acid/Pepto Bismol Tablets  
Decongestants (Sudafed, Actifed etc.)  
Antibiotics (Septra DS or Cipro)  
Throat Lozenges  
Powdered Gatorade  
Mosquito Repellent (depends on where you go)  
Triple Antibiotic Cream  
Gynecological Creams  
Any Personal Prescriptions or any medications for ailments you're prone to

### Snacks For Adults

Instant Oatmeal \*

Hard Candy \*

Granola Bars \*

Power Bars \*

Raisins/Prunes \*

Crackers

Teas/Coffees (hotels will supply but probably not decaf.)

Cup O' Soup \*

\* We didn't eat much of these items but we did eat crackers.

### Adult Clothing

\*Check the average weather for where you are going. Wash & Hang clothing is best.

Pants - 2 to 3

Skirt - 1 (broomstick skirts don't show wrinkles)

Shirts - 3 to 4

Underwear - 5

Bras - 2

Socks - 4

Nightgowns - 2

Turtleneck - 1

Lightweight Raincoat w/ Hood

Shoes - 1 every day, 1 casual dress (make sure all are good for walking)

Swimsuit \*

Shorts \*

PLANE ATTIRE: Comfortable - medium weight, socks, layers, loose fitting shoes.

### For The Baby - Per Day Supply

Formula (14 oz. cans) 1 is a 2 day supply  
take half in soy and half in milk based

Diapers - 6 a day

Bottles 2 - 8oz and 1 - 4oz

Bottle Liners - 7 per day

Nipples - 4

Baby Scissors

Pacifier w/Clip - 1

Rice Cereal

Small Cup/Bowl (for cereal)

Baby Spoon - 1

Rattle

Toys (small but bright and interactive)

Wipes - 15 a day, bring soft refill packages

Diaper Cream w/ Zinc Oxide

Changing Pad

Baby Care Package (travel sizes) includes: Cornstarch Powder, Shampoo, Body Wash,  
Baby Oil, Lotion

Brush/Comb

Sleepers - 5

1 Piece Outfits - 2 heavy and 5 lightweight

Onesies - 6

Lightweight Thermal Blanket (like a Baby Morgan)

Receiving Blankets - 2

Knit Hat

Bunting

Booties/Soft Shoes - 2 (if older child bring shoes)

Socks - 5

Bibs - 5

Burp Cloths - 10

Snuggli/Baby Bjorn

Umbrella Stroller (10 months and up)

Teething Toy (chewy)

Hooded Towels & Washcloths - 2

PLANE ATTIRE: Medium weight, easily accessible diaper-wise, bring an extra outfit.

### Miscellaneous

Umbrella - If going in rainy season  
Baby Care Book  
Camera  
Film - 10 rolls of 36 exposure  
Video Camera w/ 2 battery packs  
Video Tapes - 2 to 3  
Chinese/English Dictionary  
Guide Book/Travel Book  
Pen Knife \* (but don't put in carry on!!)  
Mini Flashlight \*  
Travel Alarm (don't wind before you leave)  
Travel Journal  
Note Pad  
Roll of Duct Tape (small)  
Luggage Locks  
Ziploc Bags - few of quart and gallon sizes  
Small Sewing Kit  
Money Belt  
Passport Holder/Pouch  
2 Quart Plastic Container (to cool water)  
Lysol Spray \*  
Calculator/Money Converter  
Rubber Bands  
Fanny Pack  
Backpack  
Plastic Mug  
Plastic Camping Silverware

## RX For Baby and Miscellaneous

\* Check with your Pediatrician as to dosage on medications

Nail Clippers

Pedialyte - 1

Amoxicillin Powder, Broad Spectrum antibiotic for ear infections, etc.

3cc Syringes - 2

Benedryl Antihistamine to relieve allergy symptoms and sedative

Tylenol Cold or PediaCare Cold

Q-Tips

Nasal Aspirator - make sure tip is small enough to be slightly inserted into nostril

Baby Thermometer

Infant Tylenol (or equivalent)

Anti-Yeast Cream - Clotrimazole or Miconazole Creams

.05% Hydrocortizone Cream (for eczema, rashes etc.)

Suppositories (glycerine) or 2 jars of prunes

KY Jelly - individual packets (for suppositories)

Teething Pills or Baby Anbesol

## Documents

Passport w/ Visa - suggest you leave copy of each in States with responsible people.

Copies in 2 separate places.

Phone Numbers of: Family, Agency, Cindy Savage, Xiaoqing, Credit Card Co., Consulate  
Pediatrician

Cash

Dossier Copy (1 for each spouse)

Itinerary (copies for family in States and 2 for you)

Copies of Airline Tickets

I-600 and US Consulate Paperwork

Extra Copies of Passports and any Powers of Attorneys

Copies of Health Insurance Cards

DOUBLE CHECK YOUR DOCUMENTS, ESPECIALLY DOSSIER AND I-600 & CONSULATE PAPERWORK.

### Items For Carry-On

Extra Glasses

Medications

Clothing for Baby (extra set)

Formula for a few days

### Luggage

Make sure your luggage has the following:

Wheels

Handle (or luggage carrier)

Don't buy brand-new or nice pieces

Soft Sided Preferred

Sturdy (but not cheap)

Carry-On: Wheeled with pull bar works excellent

*\* Starred items are things that you can take or leave. It's up to you whether you want to take them or not. They are merely suggestions.*