



Suggested Packing List – China

We recommend that you check the weather forecast prior to your departure so that you can pack accordingly.

Winter falls in the middle of January and February. In northern and eastern China, the weather is cool and dry with occasional days at freezing temperatures. The Yangtze and southern regions have milder temperatures but as it is more humid here, cold days can feel quite damp. During the **winter** months you will need to bring layers of warm clothes, as well as water/windproof clothing for the possibly freezing conditions.

Spring in northern and eastern China is traditionally marked by cool, comfortable weather with lower rainfall, while the Yangtze and southern regions still experience mild temperatures with higher humidity.

Summer in northern and eastern China experiences warm weather and strong sun, while the Yangtze and southern regions will have higher humidity levels.

Autumn in northern and eastern China experiences warm weather but temperatures definitely get cooler towards the end of the year. By mid-October there are occasional days at freezing temperatures. The Yangtze and southern regions have milder temperatures for longer but can have damp, cool days. During these months you will need to bring clothing suitable for sun exposure and mild temperatures, as well as water/windproof clothing for the possibly freezing conditions. Loose fitting, lightweight cotton materials are the most comfortable for humid and warm conditions.

If you are travelling to the Sichuan Province: Much of the southern regions have a sub-tropical climate, while the mountains of Sichuan (such as the Nine Villages Valley or Mt. Huang) experience cooler temperatures and higher rainfall.

If you are travelling to Tibet: The Tibetan plateau experiences a greater range of temperatures than the other regions of China. No matter what time of year, or how warm the average temperature is, sudden and unpredictable drops in temperature, snow or storms can hit on the mountain passes. The sun is also much stronger at high altitude so you will get sunburnt much more quickly. See temperatures for Lhasa, Linzhi and Shigatse.

If you are travelling on the Silk Road Explorer: You will be travelling over a vast distance, from temperate areas near the east coast to high mountains and desert; you need to consider your packing carefully. Northwest China has a desert climate – with higher temperatures that drop at night-time. The hottest places are Turpan and Kashgar, which can reach a high of 40°C during the day. Xiahe is also located at an altitude of 3,100m, high in the mountains and can be cold and damp at any time of year. At the warmest time of year (July) temperatures can reach 27°C but can drop to 15°C in the evening. There are often sudden storms, so you will need warm and waterproof/windproof clothing for Xiahe.

Refer to your Travel Guide – China & Tibet about how to dress appropriately for this culture and advice about choosing your luggage. Your travel guide will also give recommendations on how to pack for overnight trains. Please note, due to restrictions on your internal flights, your luggage allowance is 20kg for checked luggage and 5kg for hand luggage.

| Average temperatures | January | | |
|----------------------|-----------------|----------|---------|
| | Temp °C min/max | Humidity | Rain mm |
| BEIJING | -9 / 1 | LOW | 3 |
| CHENGDU | 2 / 9 | HIGH | 10 |
| CHONGQING | 4 / 10 | MED | 20 |
| GUILIN | 5 / 11 | MED | 63 |
| SHANGHAI | 1 / 7 | MED | 76 |
| KUNMING | 1 / 15 | LOW | 16 |
| LIJIANG | 5 / 17 | LOW | 2 |
| TAIYUAN | -14 / 2 | LOW | 3 |
| XIAN | -4 / 6 | LOW | 7 |
| ZHONGDIAN | 3 / 16 | LOW | 15 |
| Average temperatures | February | | |
| | Temp °C min/max | Humidity | Rain mm |
| BEIJING | -8 / 3 | LOW | 5 |
| CHENGDU | 4 / 11 | HIGH | 15 |
| CHONGQING | 7 / 12 | HIGH | 21 |
| GUILIN | 6 / 12 | HIGH | 97 |
| SHANGHAI | 1 / 8 | MED | 44 |
| KUNMING | 2 / 17 | LOW | 16 |
| LIJIANG | 5 / 20 | LOW | 6 |
| TAIYUAN | -10 / 4 | LOW | 5 |
| XIAN | -3 / 7 | LOW | 10 |
| ZHONGDIAN | 4 / 17 | LOW | 25 |
| Average temperatures | March | | |
| | Temp °C min/max | Humidity | Rain mm |
| BEIJING | -1 / 10 | LOW | 8 |
| CHENGDU | 8 / 16 | MED | 25 |
| CHONGQING | 11 / 18 | HIGH | 36 |
| GUILIN | 10 / 16 | HIGH | 137 |
| SHANGHAI | 4 / 12 | HIGH | 118 |
| KUNMING | 5 / 20 | MED | 20 |
| LIJIANG | 8 / 24 | MED | 17 |
| TAIYUAN | -4 / 10 | MED | 13 |
| XIAN | 2 / 15 | LOW | 29 |
| ZHONGDIAN | 7 / 20 | LOW | 1.3 |
| NINE VILLAGES | -2/14 | MED | 30 |
| MT. HUANG | 5/15 | HIGH | 183 |
| XIAHE | -5/7 | LOW | 18 |
| Average temperatures | April | | |
| | Temp °C min/max | Humidity | Rain mm |
| BEIJING | 6 / 19 | MED | 26 |
| CHENGDU | 13 / 22 | MED | 45 |
| CHONGQING | 15 / 23 | HIGH | 105 |
| GUILIN | 15/22 | HIGH | 247 |
| SHANGHAI | 10/18 | HIGH | 63 |
| KUNMING | 9 / 24 | MED | 24 |
| LIJIANG | 11 / 27 | MED | 21 |
| TAIYUAN | 3/18 | LOW | 20 |
| XIAN | 8 / 20 | LOW | 43 |
| ZHONGDIAN | 10 / 22 | LOW | 20 |
| NINE VILLAGES | 6/20 | MED | 15 |
| MT. HUANG | 11/21 | HIGH | 233 |
| LHASA | 0/15 | MED | 25 |
| LINZHI | 3/18 | MED | 16 |
| SHIGATSE | 2/16 | LOW | 22 |
| XIAHE | 1/16 | LOW | 19 |



| Average temperatures | May | | |
|----------------------|-----------------|----------|---------|
| | Temp °C min/max | Humidity | Rain mm |
| BEIJING | 12 / 26 | MED | 28 |
| CHENGDU | 17 / 25 | HIGH | 86 |
| CHONGQING | 18/26 | HIGH | 152 |
| GUILIN | 20/27 | HIGH | 352 |
| SHANGHAI | 15/23 | HIGH | 85 |
| KUNMING | 13 / 24 | MED | 97 |
| LIJIANG | 7 / 17 | MED | 56 |
| TAIYUAN | 9/25 | MED | 33 |
| XIAN | 13 / 25 | MED | 60 |
| ZHONGDIAN | 13 / 25 | MED | 60 |
| X'BANNA | 18/29 | HIGH | 127 |
| NINE VILLAGES | 11/25 | HIGH | 30 |
| MT. HUANG | 16/26 | HIGH | 273 |
| LHASA | 5/19 | MED | 23 |
| LINZHI | 3/18 | MED | 16 |
| SHIGATSE | 2/16 | LOW | 22 |
| XIAHE | 7/23 | MED | 31 |
| Average temperatures | June | | |
| | Temp °C min/max | Humidity | Rain mm |
| BEIJING | 17 / 30 | HIGH | 71 |
| CHENGDU | 20/28 | HIGH | 104 |
| CHONGQING | 21 / 29 | HIGH | 171 |
| GUILIN | 23 / 30 | HIGH | 347 |
| SHANGHAI | 20 / 27 | HIGH | 212 |
| KUNMING | 16 / 23 | HIGH | 181 |
| LIJIANG | 16 / 25 | MED | 167 |
| TAIYUAN | 14 / 28 | MED | 56 |
| XIAN | 18 / 31 | MED | 54 |
| ZHONGDIAN | 16 / 25 | MED | 175 |
| X'BANNA | 19/29 | HIGH | 132 |
| XIAHE | 12/26 | MED | 55 |
| Average temperatures | July | | |
| | Temp °C min/max | Humidity | Rain mm |
| BEIJING | 21 / 30 | HIGH | 176 |
| CHENGDU | 22 / 30 | HIGH | 231 |
| CHONGQING | 24 / 33 | HIGH | 175 |
| GUILIN | 24 / 32 | HIGH | 231 |
| SHANGHAI | 24 / 31 | HIGH | 142 |
| KUNMING | 16 / 24 | HIGH | 202 |
| LIJIANG | 17 / 26 | HIGH | 242 |
| TAIYUAN | 17/29 | HIGH | 102 |
| XIAN | 21 / 32 | HIGH | 99 |
| ZHONGDIAN | 17 / 25 | MED | 180 |
| XIAHE | 15/27 | HIGH | 114 |

Example Packing List

- ✓ Your travel documents and Passport – including a photocopy of your passport in case it is lost or stolen whilst you are travelling. Keep one photocopy at home and take another photocopy on your trip with you.
- ✓ Main luggage and 'day bag' – a smaller bag to carry with you during the day.
- ✓ Luggage padlocks.
- ✓ Money belt to carry passport, cash, credit cards, airline tickets and other important travel documents.
- ✓ Smart casual clothes are suitable but not compulsory for evening banquets and shows, and welcome and farewell dinners if your tour involves a Yangtze River Cruise.
- ✓ Comfortable trousers and shorts (or skirts for women).
- ✓ Shirts or tops of light cotton material.
- ✓ Walking shoes, sandals and socks – it is important to have sturdy and comfortable shoes for sightseeing every day.
- ✓ A water/windproof jacket and small umbrella.
- ✓ Sun protection – hat, sunscreen, sunglasses and lip balm.
- ✓ Scarf or bandana to protect your face against dusty winds in high altitude areas.
- ✓ Some clothing covering the knees and shoulders for visits to religious sites. Women may find a 'modesty shawl' or sarong useful in Muslim areas.
- ✓ Personal medical kit – please refer to your *Travel Guide*.
- ✓ Spare glasses/contact lenses – it is difficult to get any prescription lenses repaired or replaced in China.
- ✓ Small torch, conversion plug and spare batteries – batteries available to buy in China tend to be unreliable.
- ✓ Camera and spare film/memory card – film available in China tends to be bad quality or sun damaged.
- ✓ Antibacterial wipes and or gel – to clean hands before eating.
- ✓ Toilet paper – not all sightseeing public toilets will provide this.
- ✓ Snacks – tea bags/coffee, milk powder or sachets, muesli bars, instant soups or noodles, or anything you can't go without!
- ✓ Tracksuit/similar outfit of soft material is recommended for overnight train journeys as well as a small bath towel.
- ✓ Small bath towel – if you are travelling to remote areas such as Everest Base Camp. Some basic accommodations may not provide these.

| Average temperatures | August | | | September | | | October | | | November | | | December | | |
|----------------------|-----------------|----------|---------|-----------------|----------|---------|-----------------|----------|---------|-----------------|----------|---------|-----------------|----------|---------|
| | Temp °C min/max | Humidity | Rain mm | Temp °C min/max | Humidity | Rain mm | Temp °C min/max | Humidity | Rain mm | Temp °C min/max | Humidity | Rain mm | Temp °C min/max | Humidity | Rain mm |
| BEIJING | 20 / 29 | HIGH | 182 | 13 / 25 | MED | 49 | 6 / 18 | MED | 19 | -0.6/9 | MED | 6 | -7 / 2 | LOW | 2 |
| CHENGDU | 21 / 29 | HIGH | 223 | 18 / 25 | HIGH | 132 | 14 / 20 | HIGH | 40 | 9/15 | MED | 17 | 4 / 11 | HIGH | 5 |
| CHONGQING | 24/ 33 | HIGH | 184 | 20 / 28 | HIGH | 128 | 16 / 22 | HIGH | 92 | 11 / 16 | MED | 46 | 7 / 12 | HIGH | 25 |
| GUILIN | 24 / 32 | HIGH | 173 | 21 / 30 | HIGH | 82 | 17 / 25 | HIGH | 86 | 11 / 20 | HIGH | 64 | 6 / 14 | HIGH | 43 |
| SHANGHAI | 24 / 31 | HIGH | 230 | 20 / 27 | HIGH | 76 | 14 / 22 | HIGH | 64 | 16 / 16 | MED | 43 | 10/10 | MED | 34 |
| KUNMING | 15 / 23 | HIGH | 204 | 14 / 22 | HIGH | 119 | 11 / 20 | HIGH | 79 | 6 / 17 | MED | 42 | 7 / 15 | MED | 12 |
| LIJIANG | 17 / 28 | HIGH | 206 | 15 / 23 | HIGH | 161 | 12 / 21 | HIGH | 70 | 7 / 17 | MED | 16 | 3 / 15 | MED | 9 |
| TAIYUAN | 16 / 27 | HIGH | 107 | 9 / 23 | MED | 52 | 4 / 17 | MED | 26 | -3 / 8 | MED | 11 | -10/2 | MED | 8 |
| XIAN | 20/32 | HIGH | 71 | 16 / 25 | MED | 92 | 10 / 20 | MED | 60 | 2 / 13 | LOW | 24 | -5/7 | LOW | 6 |
| ZHONGDIAN | 16 / 24 | HIGH | 220 | 15 / 23 | HIGH | 155 | 11 / 21 | HIGH | 110 | 7 / 18 | LOW | 30 | 2/16 | LOW | 10 |
| NINE VILLAGES | N/A | N/A | N/A | 19/27 | MED | 56 | 13/21 | HIGH | 21 | 7/15 | LOW | 18 | 3/9 | LOW | 5 |
| MT. HUANG | N/A | N/A | N/A | 12/24 | HIGH | 180 | 13/24 | HIGH | 112 | 7/18 | HIGH | 83 | -3/4 | HIGH | 51 |
| LHASA | 9/20 | HIGH | 121 | 7/19 | HIGH | 69 | 1/16 | LOW | 9 | -9/7 | LOW | 2 | -9/7 | LOW | 1 |
| LINZHI | N/A | N/A | N/A | N/A | N/A | N/A | 0/15 | LOW | 4 | 0/15 | LOW | 4 | 0/15 | LOW | 4 |
| SHIGATSE | N/A | N/A | N/A | N/A | N/A | N/A | 1/19 | LOW | 9 | -6/13 | LOW | 9 | -8/9 | LOW | 5 |
| XIAHE | 14/25 | HIGH | 117 | 7/20 | MED | 53 | 1/14 | MED | 21 | -6/5 | LOW | 7 | -14/-1 | LOW | 3 |