

# The SDE Teacher Packing List

<b>Clothing</b>	
Depending on your body type, you may be able to find some items here, however, it is suggested you bring 4 seasons worth of options.	
<b>Summer:</b> 100% humidity, temperatures reaching about 38-39°C/100-102°F	<b>Fall:</b> Typhoon season with high temperatures and humidity
<b>Spring:</b> Hot, humid and rainy	<b>Winter:</b> Cool temperatures with some rain and extreme dampness. Often feels colder than weather report. NOTE: apartments and buildings in Shenzhen are not insulated or heated. Be prepared to layer up.
<b>Women</b>	<b>Men</b>
If you are under 5'6 with a smaller build, you will probably be able to shop well here. If you are not, bring what you think you might need for the year.  <b>For work:</b> most schools don't enforce a strict dress code. Business casual at most. Best to avoid any clothing that is too revealing. Covering up tattoos is also necessary.	Be sure to bring most things you need, as it is difficult to find things in a bigger make here. If you are over 5'10 with a larger build, you may find it hard to shop here, but not impossible!  <b>For work:</b> most schools don't enforce a strict dress code. Business casual at most. Polo's and collared shirts are great. Best to avoid any clothing that is too revealing. Covering up tattoos is also necessary.
T-shirts (linen and cotton are best for summer)	T-shirts (linen and cotton are best for summer)
Tank tops (linen and cotton are best for summer)	Collared shirts and polo's
Long sleeve shirts	Long sleeve shirts
Blouses	Dress shirt/tie
Sweaters	Sweaters
Shorts	Shorts
Skirts	Jeans
Dress pants	Dress pants
Jeans	Khakis
Capri pants	Quick dry pants
Casual and fancy dresses (you will most likely attend some fancy events at your school) so be sure to bring some options)	Bathing suit

Quick dry pants	Active wear
Bathing suit	Pajamas
Active wear	Waterproof rain jacket
Pajamas	Light winter jacket
Waterproof rain jacket	
Light winter jacket	

### Shoes

<b>Women</b>	<b>Men</b>
Women's shoes are widely available in sizes up to (40 EU) (8 U.S.) Larger sizes are seldom available.	Men's shoes are widely available in sizes up to (42/43 EU) or (9/10 U.S.) Larger sizes are seldom available.
Sandals/flip flops	Sandals/flip flops
Running shoes	Running shoes
Dress shoes	Dress shoes
Comfortable work shoes	Comfortable work shoes
Waterproof/ footwear (Crocs work well in this climate and have many styles that are acceptable for work and other activities)	Waterproof/ footwear (Crocs work well in this climate and have many styles that are acceptable for work and other activities)
Hiking shoes	Hiking shoes

### **Medicine** *(most can be found here in China)*

Tylenol
Ibuprofen
Naproxen
Imodium
Pepto Bismal/GasX/Tums
Anti-nauseate
Cold and Flu Remedy
Cough Syrup
Antihistamine (some countries don't allow these through customs, so double check your flight path before packing)
Anti-itch/fungal cream
Eye drops
Top up on prescriptions before you come and bring the pads with you
Birth control (although, you can get it over-the-counter in Hong Kong)

### **Vitamins** *(most can be found here in China)*

Multi-vitamin
Calcium
Iron

## Hygiene and Toiletries

Deodorant (one year supply but can also be found in select stores)

Toothpaste

Floss (do it every day!)

Emergency pocket tissues (no paper in bathrooms here in China)

## Feminine Hygiene

Tampons (not available here)

Pads (you can get them here, however, there have been issues with quality)

Diva Cup (to avoid have to bring the above two)

## Bath *(most can be found here in China)*

Travel-size set of shampoo, conditioner, body wash and wash cloth (to get you started)

Beard trimmer (ensure you have a convertor with surge protection)

Sensitive skin products

\*Many chain stores offer western brands for products such as shampoo/ conditioner, body wash, soap, face wash, cleansers, creams, etc.

## Beauty

Hair products for curly or ethnic hair

Hair straightener (ensure you have a convertor with surge protection)

Curling iron (ensure you have a convertor with surge protection)

Make-up: Lighter or darker skin tones are harder to match, but most products are available at Sephora and other beauty shops

\*You can find make-up and specialty items

## Weather Accessories

Waterproof shoes or boots and jacket

Quick dry pants

Umbrella

Rain cover for backpack

Sunscreen (most in China have whitening ingredients)

## Technology

Laptop or tablet

External battery for phone (very important!)

An unlocked smartphone (you can get a here, but if you already have a working phone you can easily get a sim card here)

Surge protected electrical converter

USB and portable hard drive (can get them here, however it's good to come prepared for lesson sharing, etc. during orientation)

*Note: Shenzhen is a great place to find any sort of electronics. The city is often referred to as the Silicon Valley of Asia.*

## Internet Access: VPN

China restricts access to sites such as Netflix, Facebook, Twitter, Instagram, some news sources, etc. To be able to view these sites, it is recommended you download a VPN to your laptop/tablet and smartphone before you arrive. *Note: Netflix may still be blocked even with a VPN.*

**Express and Astrill VPN is highly recommended by expats:**

[www.expressvpn.com](http://www.expressvpn.com)

[www.astrill.com](http://www.astrill.com)

## Work Documents **\*\*VERY IMPORTANT\*\*** (digital and physical copies)

Please refer to the visa guide and other support materials sent by your recruiter.

If you have any questions, please ask your recruiter, specialist, or visa handler.

## Other Documents (digital and physical copies)

Medical prescriptions (for lenses or medication)

Credit/debit and insurance cards

Contact details of friends, family, SDE employees

Travel tickets and/or travel itinerary

Luggage tags

Driver's license (not needed, but good to have)

Travelers cheques

Copy of cards you previously used or currently use

## Before you leave home

Watch Orientation videos!

Ensure vaccines are up-to-date and check to see if you need any others (should have done previously)

Doctor check-up (should have done previously)

Dental check-up

Optometrist check-up

Tax information – find out what you will need to claim before it's time to file (you may need to set money aside each month)

Set a travel alert on your bank

Take care of any online accounts such as changing passwords, taking off SMS protection, etc. (most accounts will lock you out due to inconsistencies of login location)

## Packing Tips

- Make digital and photocopies of everything that you can
- Take care of packing the most important things first (visa documents, other documents, prescriptions, etc.)
- Despite the long packing list, try not to pack too many unnecessary things
- Roll your clothes instead of folding them (saves room and no wrinkles!)
- Prepare teaching materials in advance (download songs, videos and ppt games before coming)
- Take a few gifts for teachers, students, recruiter and specialist!