



LUGGAGE & ESSENTIALS

06

- ▶ Passport, visa, invitation letter, and medical records
- ▶ Prescription medicines with doctor's note + basic medicine (painkillers, cold medicine)
- ▶ Electronics: phone, charger, universal travel adapter
- ▶ Phone with VPN already activated
- ▶ Clothing and toiletries

* Note: Major cities in China have Halal restaurants—confirm with us or your hotel

EMERGENCY CONTACTS

07

MedBridge 24/7 WhatsApp: +1 3322656423

MedBridge 24/7 WeChat: Landonxi

Police: 110

Ambulance: 120

Fire: 119

SOS International Beijing: +86-10-6462-9100

SUMMARY CHECKLIST

Before departure, please ensure:

- ▶ Visa, hospital invitation, and medical records are ready
- ▶ Bring USD → RMB and prepare payment tools (Alipay/WeChat Pay)
- ▶ Download and activate VPN, WeChat, Alipay
- ▶ Airport pickup & accommodation confirmed
- ▶ Emergency numbers saved in your phone
- ▶ Prescription medicines packed with documentation

INTERNET & COMMUNICATION

01

TRANSPORTATION

03

DOCUMENTS TO PREPARE

04

RECOMMENDED APPS

05



- Some international websites/apps (WhatsApp, Facebook, Google, YouTube) are restricted in China.
- Install and test a reliable VPN (ExpressVPN, NordVPN, Astrill) before arrival to gain access to the restricted apps.
- WeChat is essential for hospital communication, payments, and daily use.

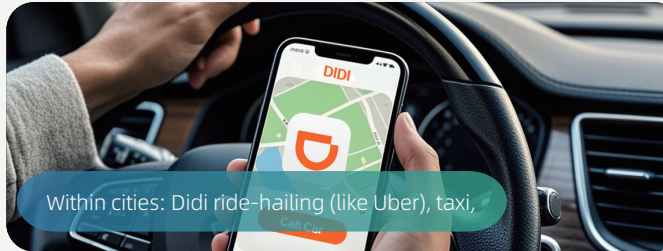
CURRENCY & PAYMENT

China's currency is Renminbi (RMB / CNY).

Bring USD from your country and exchange into RMB upon arrival.

Payment methods:

- Hospitals: RMB or USD only
- Daily expenses: WeChat Pay / Alipay (can link international credit card, such as Visa)



Passport + Medical Visa (M Visa)



Hospital invitation letter



Medical records (preferably in English/Chinese)



Flight & hotel bookings



Emergency contacts (family + home doctor)



Medication list (with prescriptions)



Medical/travel insurance documents (if available)



Proof of funds (bank statements, savings proof)

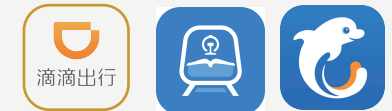
- Communication: WeChat, WhatsApp/Messenger (VPN required), VPN app (ExpressVPN/NordVPN/Astrill)



- Payments: Alipay, WeChat Pay, international banking apps (HSBC, Standard Chartered, etc.)



- Transportation: Didi, 12306 China Railway, Trip.com (Ctrip), Baidu Maps / Gaode Maps



- Medical/Translation: Google Translate (VPN required) / Baidu Translate, Medora Health Portal



- Daily Life: Meituan, Ele.me, JD.com/Taobao, Halal Trip / HappyCow (Halal restaurants)

