

240-Hour Transit Route Checklist for GI Travelers

肠胃（GI）旅客 240 小时过境路线核对清单

Current headline rule / 当前核心规则

Eligible citizens of 55 countries may enter China under the 240-hour visa-free transit policy, stay up to 10 days in designated areas, and must hold valid travel documents plus a confirmed onward ticket to a third country or region. 符合条件的 55 国公民可使用中国 240 小时过境免签政策，在规定区域停留最长 10 天；入境时需持有效国际旅行证件，以及前往第三国或地区、座位和日期已确认的后续联程票。

Use this client-facing checklist to sanity-check a GI transit plan before booking. **This is not legal or medical advice. Final entry approval is decided at the port of entry.** 本清单用于在订票前快速核对肠胃（GI）就诊行程是否大致可行；并非法律或医疗建议，最终能否入境以口岸边检现场决定为准。

1. Quick eligibility snapshot | 1. 快速资格核对

- My passport is from the current list of 55 eligible countries.** 我的护照属于当前适用的 55 国名单。
- My passport will remain valid for at least 3 months on the date of entry.** 我的护照在入境当日至少还有 3 个月有效期。
- I have a confirmed onward ticket (date + seat) to a third country or region within 240 hours.** 我已持有 240 小时内前往第三国或地区、日期和座位均已确认的后续机票。
- My route is true transit, not a simple China round trip back to the same origin.** 我的路线属于真正“过境”，不是从中国原路往返同一出发国的简单往返。
- I plan to enter through an eligible port such as Shanghai.** 我计划从符合政策的口岸入境，例如上海。
- I understand work, study, and news reporting still require the proper visa.** 我明白工作、学习、新闻采访等活动仍需办理相应签证。
- I do not have a recent record that may make me ineligible, such as illegal entry/exit/residence/employment within the last 5 years.** 我近 5 年没有可能导致不符合条件的记录，例如非法入境、非法居留或非法就业等。

2. Documents to prepare | 2. 建议提前准备的材料

What to carry / 建议携带	Why it helps / 用途说明
Passport	Identity + eligibility check / 身份及资格核验
Onward itinerary or interline ticket to a third country/region	Shows qualifying transit route / 证明符合“过境”路线
Hotel or accommodation address in China	Useful for arrival card and logistics / 便于填写入境卡和行程安排
GI clinic/hospital booking confirmation, if already arranged	Supports a clear travel plan / 便于说明来华期间安排
1-page English medical summary + prior GI reports	Saves time at intake / 缩短接诊和沟通时间
Medication list, allergies, and emergency contact	Useful for safer care / 提高就诊安全性

3. Itinerary sanity check | 3. 行程逻辑自检

Usually qualifies / 通常符合	Usually does NOT qualify / 通常不符合
Los Angeles → Shanghai → Tokyo 洛杉矶 → 上海 → 东京	Los Angeles → Shanghai → Los Angeles 洛杉矶 → 上海 → 洛杉矶
Seattle → Shanghai → Hong Kong 西雅图 → 上海 → 香港	Seattle → Shanghai → Seattle 西雅图 → 上海 → 西雅图
Vancouver → Shanghai → Singapore 温哥华 → 上海 → 新加坡	Any route that is not genuine transit to a third destination 任何并非真正前往第三目的地的路线

Tip / 提示: “Third country or region” means your onward destination cannot simply be the same country you started from. Final interpretation still rests with border inspection authorities.

“第三国或地区”通常意味着后续目的地不能只是返回原始出发国; 最终解释仍以边检机关现场认定为准确。

4. Timing and airport process | 4. 时间计算与机场流程

- **The 240-hour period begins at 00:00 on the day after entry.** 240 小时停留时间自入境次日 00:00 开始计算。
- **No advance application is generally required; follow signs for 240-hour visa-free transit / temporary entry on arrival.** 一般无需提前申请；抵达后可根据现场指引前往 240 小时过境免签/临时入境办理区域。
- **Complete the Arrival Card for Temporary Entry Foreigners and keep your onward itinerary ready (digital or printed).** 填写《外国人临时入境卡》，并提前准备好后续行程单（电子版或纸质版均可）。
- **For multilingual immigration assistance, you can call +86-021-12367.** 如需多语种出入境咨询，可拨打 +86-021-12367。

5. GI-traveler extras | 5. GI 就诊旅客额外准备

- **Bring a 1-page English symptom summary (main symptoms, duration, prior tests, current medicines).** 准备 1 页英文症状摘要（主要症状、持续时间、既往检查、当前用药）。
- **Carry prior GI reports if available: blood, stool, breath test, endoscopy/colonoscopy, pathology, imaging.** 如有条件，携带既往 GI 检查报告：血检、粪检、呼气试验、胃肠镜、病理、影像等。
- **Pack enough routine medicines for the trip, ideally in original packaging.** 常规药物尽量带够全程所需，最好保留原包装。
- **Confirm payment method, clinic address, interpreter/escort, and follow-up plan before departure.** 出发前确认支付方式、门诊地址、陪诊/翻译安排以及回程后的复诊计划。
- **If symptoms become acute or emergent, seek local urgent or emergency care rather than relying on a transit plan.** 如症状出现急性加重或急症征象，应优先在当地急诊/急救就医，而不要依赖过境行程。

6. Common reasons to pause and re-check | 6. 建议暂停并重新核验的常见情况

- **No confirmed onward ticket to a third country/region.** 没有确认好的前往第三国或地区后续机票。
- **Passport validity is under 3 months.** 护照剩余有效期不足 3 个月。
- **The itinerary is effectively a round trip, not transit.** 行程本质上是往返，不属于真正过境。
- **The purpose includes work, study, or media/reporting activities.** 行程目的涉及工作、学习或采访报道等。
- **There is a prior immigration, overstay, illegal employment, or visa-refusal issue that needs checking.** 存在需要进一步核查的过往出入境、逾期停留、非法就业或签证拒签问题。

Source note | 资料说明

Verified against official sources on 2026-04-05. Key references include the National Immigration Administration / Chinese Embassy notice on the 240-hour visa-free transit policy, plus Shanghai government FAQ pages on eligibility, timing, and document requirements.

本清单于 2026-04-05 依据官方公开资料核对，主要参考国家移民管理局/中国驻外使领馆关于 240 小时过境免签政策的说明，以及上海市政府英文页面关于资格、时间计算和材料要求的问答。

Always re-check the current rules before booking flights. Policy details can change, and airline/border screening may apply case-specific interpretation.

订票前请再次核对最新官方规则。政策细节可能更新，航空公司及边检也可能根据个案作进一步审查。