

Sample Packing Checklist

Clothes

- 1 pair comfortable walking shoes
- 1 jacket
- 2 pairs of jeans
- 1 dress slacks/skirt
- 5 shirts
- 2 sweaters
- 1 pair slippers (must have for dorm)
- 2 pairs pajamas
- 5 pairs socks
- 5 sets underwear
- 1 pair gloves

Personal Items

- Eyeglasses (and spare)
- Contact lenses, solution (and spare)
- Medicine plus copy of prescription
- Toothbrush, paste
- Alarm clock (battery-run)
- Motion sickness pills (if needed)
- Travel mirror
- Cosmetics, deodorant
- Stationery, pens
- Shampoo, soap
- Hairbrush, comb

Travel Goodies

- Travel umbrella
- Travel first-aid kit
- Two-prong adapter for appliances
- Pics/addresses/email of family, friends
- Gifts* (see Gift-giving)
- Camera and film
- Good map of Tokyo
- Travel book on Japan (Lonely Planet, etc.)
- Sturdy waterproof backpack
- Extra sheets (if staying in dorms)

Learning Tools

- English-Japanese dictionary (an essential)
- Useful textbook or study material you used in the past

Documents

- Passport (keep a copy separate from original)
- Traveler's checks if desired (keep copy of check #s separate from checks)
- Airline tickets
- Picture ID (driver's license, student ID)
- Parts of this handbook (needed at orientation)
- Credit card #s, phone #s for lost card
- List of emergency contact #s
- Medical info (allergies, blood type, immunization history)