



# THE PERFECT JAPAN PACKING CHECKLIST

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## Clothes and shoes

- Down jacket
- One or two pair of skinny jeans
- Hoodie or warm sweater
- Short sleeved T-shirts
- Vest top
- Shorts and skirts
- Nice dress
- Enough underwear
- Lightweight sneakers
- Pretty (but comfortable) sandals

## Toiletries

- Hairbrush
- Ecofriendly deodorant
- Contacts and glasses
- Toothbrush and toothpaste
- Solid shampoo bar
- Make-up and make-up remover
- Sunscreen lotion

## Documents and money

- Passport
- Debit card and credit card
- Cash
- International drivers permit

## Electronics

- E-reader
- Portable Wi-Fi
- Travel adapter
- Cables and chargers

## Emergency kit

- Hand sanitizer
- Painkillers
- Motion sickness pills
- Imodium
- Re-hydration sachets
- Plasters/Band-Aids
- Betadine antiseptic

## Miscellaneous items to pack

- Sunglasses
- Lightweight scarf
- Hat
- Umbrella
- Japan Lonely Planet Japan
- Reusable water bottle
- Gifts from your home country

## Additional items when going hiking

- Hiking boots
- Hiking socks
- Hiking pants
- Hiking shirt
- Rain poncho

## Additional items for a winter trip

- Warm winter coat
- Woolen scarf
- Gloves
- Snow boots
- Merino socks
- Thermal underwear