



Your trip to Japan is just around the corner.

Along with a healthy dose of excitement,
here's what you'll need to bring.

Clothing and accessories

- Comfortable walking shoes (and easy to take off—you'll remove your shoes when entering certain places like *tatami* rooms!)
- Small towel/handkerchief for hand drying (most public restrooms do not offer towels or hand dryers)
- Long- and short-sleeved shirts
- Shorts
- Pants/jeans
- Socks and underwear
- Sweatshirt/light jacket
- Pajamas
- Hat (for sun protection)
- Raincoat/poncho or umbrella (highly recommended in June, the rainy season)
- Sunglasses
- Watch
- Reusable water bottle
- Small daypack
- Quick-dry towel
- Patch/bandage to cover tattoos
- Power adapter (only necessary if you have a 3-prong device, as most plugs in Japan are only 2-prong)
- Voltage converter (if you are bringing AC 220V appliances, as Japan uses a standard voltage of 100V)

Documents

- Passport and a copy of passport (required to travel abroad)
- Visas (if applicable for non-US citizens)
- Copy of itinerary (including hotels, flights, and EF emergency number)
- Copy of any necessary prescriptions
- List of contacts and addresses (to send postcards home!)

Toiletries

- Toiletries
- Toothbrush and toothpaste
- Dental floss
- Shampoo and conditioner
- Soap
- Deodorant
- Hairbrush/comb
- Nailcare
- Sunscreen
- Bug spray and mosquito bite ointment
- Extra contact lenses/glasses
- Medications (Be sure to carry them with you on the plane and keep them in their original containers. A customs official may want to check that each container's contents match its label. Be aware that some medications that are common in the U.S. are illegal in Japan, including Adderall and some inhalers and allergy/sinus medications.)
- Wet wipes or antibacterial hand sanitizer

Money

- Yen in cash (Money exchange is necessary. ATMs are available in airports and convenience stores for withdrawals, or there are main bank stores for money exchange. Japan is still very much a cash society!)
- ATM/Debit card as back up (contact your bank prior to departure)
- Personal credit card (contact your bank prior to departure)
- Pouch for storing money and passport



Travel tips:

- ✓ Pack light—you'll be responsible for loading your own luggage on and off buses (one small carry-on and your EF backpack should be enough)
- ✓ Pack valuables, medications, and an extra change of clothes in your EF backpack as a carry-on
- ✓ Keep in mind, many airlines now charge for additional luggage