Japan Study Packing List

Below is a list of suggested items to pack for your time in Japan. Several items are only applicable to select students (e.g. the *Yakkan Shoumei*), so disregard when appropriate. You are in the best position to determine what is necessary for you to comfortably live abroad, so please use this only as a model and make additions/omissions as necessary.

**Packing Tips:**

1. Try to leave as much room in your suitcase as possible. You will bring back many souvenirs from your time in Japan, and you will need space to pack them for the trip home.
2. Save space by bringing only travel-sized toiletries, which will last until you get settled.
3. If you are set on using a particular brand of product (shampoo, face wash, etc.), don’t count on finding it in Japan. Bring full-size versions of these products in your checked luggage (in a plastic bag to prevent leakage), or they will be confiscated at the airport.
4. Be deliberate about what you put in your carry-on luggage in the unlikely event that your checked luggage is lost or delayed. Carry your documentation and medications with you at all times. (Speaking from experience, I recommend bringing a toothbrush and face wash in your carry-on to freshen up after the long flight).
5. Airlines are **NOT** gentle with checked luggage. Put all technology and other fragile items in your carry-on to prevent them from breaking.
6. Some students elect to have winter clothes and other amenities mailed to them later in the year. See Section 2 of the handbook for more information.
7. Host families **may** provide some items for you (e.g. slippers, umbrella, etc.).

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| CARRY-ON LUGGAGE/PERSONAL ITEM |
|  | TRAVEL AIDS |  | DOCUMENTATION |  | PERSONAL CARE |
|  | **Book/magazine** |  | **Passport & visa** |  | **Medications** |
|  | **Snacks** |  | **Official Letters** |  | **Toothbrush** |
|  | **Travel pillow** |  | **Admission Certificate** |  | **Toothpaste** |
|  | **Motion-sickness pills** |  | **Travel tickets** |  | **Hair brush/comb** |
|  | **Headphones** |  | **AIG assistance card** |  | **Face wash** |
|  |  |  | **Handbook appendix 1** |  | **Deodorant**  |
|  | TECHNOLOGY |  | **Emergency contacts** |  |  |
|  | **Phone + charger** |  | **International ID card** |  | FUNDS |
|  | **Laptop + charger** |  | **Prescriptions (copy)** |  | **Wallet/Purse** |
|  | **Camera + charger** |  | ***Yakkan Shoumei*** |  | **Cash (to convert)** |
|  | **Tablet + charger** |  | **Insurance card** |  | **Credit/debit cards** |
|  | **Outlet adapters** |  | **Luggage tags** |  |  |
| CLOTHING |
|  | BASICS |  | FORMAL ATTIRE |  | CASUAL |
|  | **Underwear** |  | **Dress shirts/blouses** |  | **T-shirts** |
|  | **Undershirts** |  | **Sweaters/cardigans** |  | **Jeans/shorts** |
|  | **Socks** |  | **Blazers/jackets** |  | **Dresses/skirts** |
|  | **Bras**  |  | **Slacks/skirts** |  | **Exercise clothing** |
|  | **Sleepwear** |  | **Suits/dresses**  |  | **Swimwear** |
|  |  |  |  |  |  |
|  | ACCESSORIES |  | FOOTWEAR |  | OUTERWEAR |
|  | **Belts** |  | **Gym shoes** |  | **Coats** |
|  | **Wristwatch**  |  | **Everyday shoes** |  | **Rainwear** |
|  | **Jewelry** |  | **Dress shoes** |  | **Hats** |
|  | **Spare glasses** |  | **Sandals/flip-flops** |  | **Gloves** |
|  | **Sunglasses** |  | **Slippers** |  | **Scarves**  |
|  | **Backpack** |  |  |  | **Sweatshirts** |
| PERSONAL CARE |
|  | **Body wash** |  | **Shampoo** |  | **Perfume/cologne** |
|  | **Sunscreen** |  | **Conditioner** |  | **Contact lenses**  |
|  | **Moisturizer** |  | **Hair dryer** |  | **Saline solution** |
|  | **Washcloth**  |  | **Flat iron/curler** |  | **Shaving cream** |
|  | **Lip balm** |  | **Styling products** |  | **Razor** |
|  | **Feminine hygiene** |  | **Makeup** |  | **Nair clippers** |
|  | **Tweezers** |  | **Cotton balls** |  | **Vitamins** |
| MISCELLANEOUS |
|  | ***Omiyage*** |  | **Copy of passport** |  | **Laundry bag** |
|  | **Umbrella** |  | **Copy of credit card** |  | **Handkerchief**  |
|  | **Coin purse** |  | **Bank contact info** |  | **Journal** |