

Packing Information & Checklist: 2016

Your Luggage:

- **Bring only ONE suitcase that is no taller than your mid-thigh.** You will need to carry your own luggage through sometimes VERY crowded conditions. A good tip for parents - have your child pack his/her own bags and have him/her walk around the block or up and down stairs without any assistance - this will really make the point about the need to pack lightly. Remember, even suitcases with wheels will have to be carried up stairs in train stations, etc. There are lots of stairs and VERY FEW ramps in Japan!
- **Bring ONE carry-on.** A backpack works best as it leaves both hands free to manage your suitcase.
- **Bring ONE collapsible duffel bag.** When you leave Tokyo house, you will send your suitcase from Tokyo to Kyoto and take only a few changes of clothing and necessary toiletries and medications. You will then have an extra bag to bring home souvenirs if needed.
- Your suitcase, carry-on, and collapsible bag should all have your name and address inside and out BEFORE you get to the airport.

Tips About What to Bring in Your Suitcase:

- **PACK LIGHTLY!** You will be moving from one site to the next every few days. The less you bring, the lighter your suitcase. Rolling your clothes instead of folding them saves space in a suitcase. Packing cubes are also really helpful to keep yourself organized and space-efficient.
- Pack 5 or 6 changes of clothing that is neat and suitable for travel. Remember to choose lightweight fabrics that will dry overnight when washed. You will be able to wash clothes yourself in the hotel room and hang dry or use the hotel's laundry service (cost covered by participant). You should also ask if you may wash clothes during the homestay. Be sure to pack enough clothes to get you from Sunday to Saturday (at your host family's house) so you have clean clothes for 5 days before you arrive at your family's house.
- The Japanese dress more modestly than Americans or Europeans. Clothing that exposes too much skin (such as camisoles, halter tops, or plunging necklines) as well as see-through fabrics should be avoided. You can cover such a top with a blouse or jacket; layering is key! Extremely short skirts or shorts should also be avoided. Absolutely no cutoffs or clothes with holes should be brought.
- Be sure to review the Transportation Security Administration's website at www.tsa.gov/ to review how to pack liquids and gels (the 3-1-1 system) and to find a list of prohibited items (e.g., pocket knives, lighters, etc.) This will determine what items can go in your carry-on bag and what items must go in your checked luggage. If you do not follow these rules, prohibited sizes and items will be confiscated by TSA personnel when you pass through the security screening at the airport.
- In general, bring the smallest amount of toiletries needed so you can throw away the containers before departure and have more room for souvenirs in your suitcase.
- If you don't need it, don't bring it! If you forget something such as toiletries or clothes, you can easily buy almost anything in Japan! Eio sensei will also have an emergency medical kit on hand at all times.

What to Bring in Your Carry-on Bag:

- Pack a change of clothes, underwear, sleepwear, and essential toiletries in your backpack/carry-on. Airlines can lose luggage and it might take a day or two to get your checked luggage back to you.
- Pack breakables and valuables in your carry-on.
- Pack all prescription medications (and a copy of each prescription) in your carry-on.
- If you are bringing prescription or over-the-counter medications, please only bring enough medication for the duration of the trip. For prescription medication, please bring a note from the doctor's office with the name of your medication(s).

- All cash, ATM cards, credit cards
- All important documents (passport, medical info, emergency contact info, etc.)
- Something to read, listen to, or play on the airplane.
- Inflatable neck support or air pillow
- Ear plugs/eye mask

What to Pack to Wear at the Host School:

Students in Japan wear school uniforms from middle school through high school. These school uniforms usually consist of a blouse and skirt for the girls and a shirt and dark pants for the boys. While trip participants are not required to wear uniforms while attending their host schools, they should wear clothing that is simple, modest, and “appropriate” for the more formal environment of a Japanese school. For females, a good rule of thumb is to make sure your top comes down to about your mid-thigh. The following lists can serve as a guideline as to what is “appropriate”.

What to Wear:

- Knit or woven fabric shirts/blouses (short or long sleeves)
- Solid color pants and skirts (girls may wear pants, but not leggings)
- Shoes which are easy to slip off and on but also great for walking on potentially uneven surfaces.
- Socks (clean and without holes)

Do Not Wear:

- Camisoles, halter tops, plunging necklines, sleeveless T-shirts
- See-through fabrics, undergarments showing
- Jeans or shorts, or mini-skirts
- Flashy jewelry
- Body piercings such as tongue, lips, eyebrows, etc. (pierced ears are OK but leave earrings at home on days at school)
- Make-up, perfume, manicure/pedicure, unnatural hair color
- No hats indoors

More Packing Notes:

- A money belt is a safe place for your currency and your passport.
- It is a good idea to label all of your personal belongings with name, address, and phone before leaving for Japan. Participants may have identical cameras or other electronic devices and these labels help everyone keep his/her belongings in order.
- Electronic items will run more slowly in Japan. Batteries, film, memory sticks, SD cards, thumb drives, etc. are the same as in the US but DVDs are not.

Keep all valuables with you- do not pack in checked luggage!

Money:

1. Cash in Japanese Yen only. Large bills are ok. (You should budget to bring \$200 for emergency funds plus whatever spending money for souvenirs you need.)
2. ATM cards- call your bank before you go; the bank must know a parent is also using it at home as well.
4. Credit cards- call the bank before you go; the bank must know parent is also using it at home.

A word on Credit Cards: Memorize PIN Numbers for Credit Cards and ATM Cards (never carry written

PIN numbers with your cards; even better, learn them by heart and destroy any written record of your PIN numbers. Writing PIN numbers down could invalidate your insurance or the bank's cover if your written PIN numbers and cards are stolen. Some people record PIN numbers on their mobile phones; this is relatively safe if the numbers are disguised as part - e.g. the first or last few digits, or alternate digits - of phone numbers of fictitious people.)

Documents:

Essential

1. Itinerary
2. Name, address and telephone number of where you are going (also in Japanese)
3. Passport
4. Copies of all documents (store separately and leave one copy at home)
5. Luggage tags that are very visible and inside and outside
6. Small Envelopes (3) for budgeting your daily expenses

Tip: In your checked luggage please pack a photocopy of your passport's photo page in case your passport is lost or stolen. Ms. Eio will also have a copy of your passport in her bag as well.

Tip: Consider taking a photo of documents and keeping an electronic copy either in your e-mail account inbox or in an online storage folder. If you lose (or are separated from) hard copies, you can download and print these from any internet cafe or office.

Very useful

1. Eye prescriptions and medical prescriptions
2. Address of your country's embassies.
3. Pocket Dictionary, Phrase book
4. Emergency phone numbers
5. Medical History (Blood Type / Eye etc.)
6. Translation Allergy cards if needed: www.selectwisely.com
7. Travel umbrella

Optional

Journal/ Organizer / Address Book

All lists: packing, email addresses, phone numbers of friends and relatives, .
Info on travel/evacuation insurance if applicable

Clothes:

Do not bring any clothes that you would be devastated to lose! Think about clothes that are durable, breathable & that you can layer. Japan is a more 'formal' country-the dress code that is acceptable in school at BHS is not appropriate in Japan.

Essential

1. Shirts (3-4)
2. Pants (for travel) (2)
3. Pants (for school) (1)
4. Socks (5-6) Make sure socks do not have holes in them as shoes often come off when indoors.
5. Underwear (5-6)
6. Shoes / Sneakers/ shoes that are waterproof- bring only 1 pair of sneakers and 1 pair of other shoes.

Make sure to break them in before you leave for the trip! At least one pair should be a sturdy covered walking shoe such as an athletic shoe. Remember that you will do A LOT OF WALKING!

7. Pajamas (2)
8. Light jacket
9. Sweaters (1-2)
10. Cap/hat
11. Belt
12. Hip/neck pouch or money belt
13. Space bags to compress all your stuff!
14. Handkerchief- public bathrooms often do not have paper towels. You will also need it for the heat.

Medical supplies:

Bring any medicine that you normally use

Severe Allergies: bring an epipen, etc.

Essential

1. Prescription glasses or contact lenses with cleaning fluid (if you need them).
2. Medicine for stomach issues (Immodium, Pepto Bismol, etc.)
3. Prescription medicines, together with their prescriptions. Bring an extra prescription.
4. Sunglasses with UV protection
5. Mosquito repellent
6. Dayquil – for cold/flu
7. Sleep-aid for first few days- melatonin, etc.

Very useful

Emergen-C, Airborne, no- jet lag pills (Whole Foods)
Chapstick w/ sunscreen
Alleve/advil/aspirin, etc.
Band-aids, moleskin, etc.

Toiletries:

Essential- any brands you cannot live without!

1. Toothbrush with cover/ Toothpaste/ Dental Floss
2. Tissue packs
3. Deodorant
4. Liquid Soap & Shampoo/Conditioner
5. Moisturizer
6. Feminine products - not always readily available in particular brands
7. Water-free hand soap & wet ones
8. travel bottles for trips (plane travel less than 100ml)
9. Shaving supplies and shaving cream (Checked luggage)
10. Q-tips
11. Comb/brush
12. Nail Cutter, cuticle trimmer, nail file (Checked luggage)
13. Tweezers (Checked luggage)

Electrical equipment:

1. Camera, with spare digital storage, and spare batteries, usb cable

2. Cell phone/MP3 player/iPod and charger (not allowed at Japanese School or on local train rides, when walking around, etc.)

Gifts: (see tips on *omiyage*)

1. For host family
2. Bring tissue paper, gift bags, and labels

Photos:

1. It is highly recommended that you bring a small, easy-to-pack album with photos of yourself, your family, home, neighborhood, school, interests/hobbies, sports activities, interesting sites from your hometown, etc. to share with your host family and classmates. These pictures will make communication much easier if there are language barriers. The photo album is a wonderful icebreaker and can be given to your host family as a gift.

Other:

1. Bring a small diary or journal to keep a daily record of your time in Japan, including sites visited, photos taken, and contact info for people you meet.