

## Suggested Packing List

Please arrive with one suitcase only. On our Japan tours, our luggage is shipped ahead of us (so we don't have to wrangle suitcases on the bullet trains) and the courier company will not take enormous suitcases. A modest sized suitcase with wheels or a backpack are recommended. Cases should weigh less than 20kg and the combined height, width and depth be no greater than 200cm. The shipping of one piece of luggage is included in your tour price. Please ensure your luggage is clearly labelled ON THE OUTSIDE.

You'll also need a small backpack to use as an overnight bag while our main luggage is couriered ahead to Kyoto. Note, on our overnight trip we store our backpacks in lockers at Arimatsu station while we're out and about that day. Please don't bring a hard case carryon as your 'overnight bag' as these will not fit in the lockers.

### Travel Documents

- Passport
- Travel insurance policy including 24 hr emergency contact telephone number
- Flight tickets
- Tour voucher/booking summary
- Photocopies of important documents - to be kept separately (email a copy to yourself and your next of kin)

### Money Matters

- Cash and debit/credit cards

### Personal Health

- Personal medication/prescriptions
- Spare prescription glasses/ contact lenses and solution/sunglasses
- **Personal first aid kit** including travel sickness tablets, aspirin and/or paracetamol, bandaids, insect repellent, sunscreen, antiseptic ointment, throat lozenges, anti-diarrhoea tablets, rehydration tablets, face masks, hand sanitiser etc. **You must carry your own basic first aid kit at all times**

### Clothing (winter travellers)

- Clothing you can layer (eg merino underlayers, leggings)
- Skirts/pants
- Shirts, tops, sweaters
- Underwear and socks
- Warm hat, scarf and gloves
- Warm waterproof jacket or coat
- Sleepwear (most Japanese hotels provide complimentary sleepwear so you may prefer to use theirs and free up luggage space)
- Comfortable walking shoes (shoes that are easy to put on and take off are highly recommended)
- Waterproof shoes/boots and umbrella for snowy/rainy days

### Clothing (summer travellers)

- Skirts/pants/dresses
- Shirts/tops (shoulders should be covered when we visit temples and shrines)
- Lightweight jacket or cardigan for cool nights
- Underwear and socks
- Sunhat & sunglasses
- Sleepwear (most Japanese hotels provide complimentary sleepwear so you may prefer to use theirs and free up luggage space)
- Comfortable walking shoes or sandals (shoes that are easy to put on and take off are highly recommended)
- Waterproof jacket and umbrella for rainy days
- Pair of clean socks to keep in your bag for when you have to remove your shoes (eg tea ceremony, temples, some restaurants)

### Miscellaneous

- Toiletries
- Waterproof bag for dirty clothes or shoes
- Reading material and/or small craft project if desired
- Refillable water bottle (tapwater in Japan is safe to drink)
- Mobile/cell phone, charger & cord, portable power bank
- Electrical adaptor (two x flat pin type)
- Travel cutlery kit
- Earplugs if you are a light sleeper and/or sharing a room
- Fold up duffel bag that can be stowed in your suitcase in case you indulge in some shopping!