

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. The shipping of one piece of luggage is included in your tour price. Please ensure your luggage is clearly labelled ON THE OUTSIDE so we can see at a glance whose luggage is whose. You will also need a small duffel or backpack that can be used as an overnight bag while our main luggage is shipped ahead.

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 ceremonies, 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 (for the occasional picnic meal)
- Earplugs if you are a light sleeper and/or sharing a room