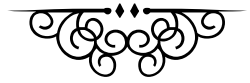




JAPAN PACKING LIST



7 Tops

- 4 short sleeve shirts
- 1 $\frac{3}{4}$ sleeve shirt
- 2 long sleeve shirts

4 - 5 Bottoms

- 1 or 2 shorts
- 1 cropped $\frac{3}{4}$ pants
- 2 jeans

Shoes - Choose 3

- 1 flats
- 1 sneakers
- 1 sandals
- 1 pair boots

Other Items

- Shampoo & conditioner
- Soap/body wash
- Deodorant
- Razor + shaving cream (if needed)
- Tooth brush / paste
- Hair brush
- Basic make up
- Facial wipes/baby wipes
- Tampons/pads
- Facial wash
- Sunglasses
- Contraception / other medication
- Camera, SD card, charger and case
- Passport, credit cards and licence
- Plastic zip bags
- Pen and notebook
- Phone + charger
- Local currency
- Lockable cross-body purse, no backpack
- Travel insurance
- Small, light towel
- Japanese power adapters

Other

- 1 thicker jacket (if needed)
- 7-10 underwear pairs
- 7-10 socks
- 2 bras
- 1 belt (if needed)
- 1 set pyjamas
- 1 dress

Recommended

- 1 bathing suit
- 1 light cardigan
- 1 set tights/stockings

Tips

- Stick to neutral tones
- Plan outfits in advance
- Ensure it all fits into 1 suitcase and 1 carry on.
- Remember to stick to the airline's baggage weight limit.
- Pick a dress that can both be dolled up or worn casually
- Bring only small amounts of toiletries. Refills can be purchased along the way
- Items should only fill two thirds, or less, of your suitcase, not more.