

## Packing List

### Pre-College Tokyo

**Pack light.** As you pack, keep in mind that you will carry your own luggage, and space is limited at our accommodations and on travel days. You will have the opportunity to do laundry during the program.

**Pack essentials in carry-on luggage.** When traveling by air, there is a possibility that luggage may be delayed. You should pack essential items in your carry-on backpack, including any electronics, clothing essentials (e.g. a change of underwear and socks), toiletries, important documents (passport/ID, etc.), and any prescription medication.

Please keep in mind that the links provided below are just **examples** and can be substituted with something comparable. You may already own versions of most of the required items on this list. Please call us if you have any questions.

#### *Packing List*

##### **Luggage**

- daypack - comfortable backpack as a carry-on and for daily excursions. Rain is common in your destination and a waterproof backpack or backpack cover is strongly recommended.
- luggage - rolling duffel, backpacking pack, or duffel bag (3,000-5,000 cu. in., depending on length and needs of your program, and what is most comfortable for you to carry). Here are two examples of duffel bags: a [duffel with straps](#) and a [rolling duffel](#). *We will utilize trains and public transportation throughout the program, where there is generally limited space in train compartments and stairs to navigate in train and commuter stations. No roller suitcases, you must be able to carry all of your luggage up and down a flight of stairs.*
- [small packable duffel bag](#) or something comparable

##### **Documents**

- passport (valid at least six months after return date)
- 2 photocopies of passport picture page and facing page of passport *-Leave one copy with your family and store the other copy separate from your passport.*
- school ID (student ID is needed for access to certain student activities in Japan)
- spending money (see *Notes* below)
- original or photocopy of your COVID-19 vaccination card *- Prior to your departure, we will share the most current COVID-19 requirements for your destination.*

### Wellness

- 15 KN95 face masks
- 5 washable cloth or disposable face masks
- personal travel-size first aid kit
- electrolyte or powdered drink mix such as Gatorade
- energy bars or other self-contained snacks
- bug repellent
- 2 hand sanitizers (small bottle)
- Pepto-Bismol (chewable, small supply)
- personal prescription medication
- sunscreen
- travel-size toiletries
- anti-itch lotion
- lip sunscreen
- Moleskin (for blisters)
- menstrual care products

### General

- journal/notebook and pen
- sunglasses
- towel - quick-dry or other small towel (for travel days, beach day excursions, and swimming holes)
- towel - standard bathing size *Linens are provided accommodations, but towels for bathing are not provided.*
- water bottle marked with your name (minimum 1 liter)
- extra-large stuff sack for damp/dirty clothes, shoes, etc.
- voltage converter/adaptor plug (see *Notes* below)

### Clothing

*It is very important that you keep the cultural considerations of your destination in mind while packing. When visiting temples, which happens often on this program, shirts should cover the shoulders, and shorts should extend to the knees. Low-cut shirts, shirts exposing the midriff, short-shorts and similar items should not be worn at any time in Japan.*

#### *Tops*

- 1 lightweight jacket (fleece, down, sweatshirt)
- 1 waterproof rain jacket with hood
- 2-3 long-sleeved shirts
- 8-10 short-sleeved shirts

### *Bottoms*

- 4-5 pair(s) shorts (knee-length - in Japan, it is culturally appropriate to wear this length)
- 2-3 pair(s) pants (jeans, khakis, yoga pants, sweatpants, casual skirts or dresses)
- 1-2 pair(s) hiking pants (lightweight, quick-drying)

### *Other*

- 1-2 bathing suit(s) (in Japan, almost all swimming pool attendees tend to wear conservative swimwear)
- 7 pairs underwear
- 4 sports bras
- sleepwear for hot/warm nights
- 7 pair(s) socks (cotton)
- 1 pair(s) socks (wool)
- 1 hat (warm)
- 1 hat (baseball cap or other shade-providing hat)
- 1 nice outfit (for final group dinner and/or special occasions)

### **Footwear**

*Make sure to break in any new footwear well before the trip.*

- comfortable walking shoes or sneakers - *These will be your everyday shoes.*
- low-cut hiking shoes - *For rugged terrain and bikes.*
- flip-flops or sandals - *Worn during downtime, or for activities around the water.*

### **Optional Items**

- camera & accessories - *Required for Photography Seminar students. Optional for all other students. See additional information below.*
- laptop computer & external storage device - *Required for Photography Seminar students. Optional for all other students, though some students find it helpful to do research for their seminars and to put together their final presentation. See additional information below.*
- multimedia equipment - *We welcome students to bring any supplemental multimedia equipment that they are comfortable using or would like to practice with in the field.*
- compression sack/dry bag - *A great way to keep items organized, dry, and protect any gear within your bag.*
- packing cubes
- [portable power bank/brick](#) NOTE *make sure to pack in your carry on luggage, most power banks/ bricks include batteries that airlines do not allow to be stowed in checked luggage.*
- English/Japanese dictionary
- playing cards, reading materials, sketching/drawing materials, etc.
- ear plugs

probiotic supplement - *Supplement such as acidophilus to support a healthy gastrointestinal tract during travels. We recommend that you discuss this with your healthcare provider.*

### **For Photography Seminar Students Only**

*The following items are required for students enrolled in the Photography Seminar only. For details, see the Photography Equipment document in your digital locker.*

- camera & accessories
- laptop computer
- external storage device

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### **Notes**

#### **Documents**

##### *spending money*

We recommend students bring no more than \$600 of spending money for this program. This money is for lunches during the program, as well as laundry, gifts, and individual snacks. Please do not bring more than this, as shopping is not the focus of this trip. ATM cards offer the simplest and most convenient access to money. Be sure to verify with your bank that your ATM card will function in your program destination. ATM cards that are linked to checking accounts work more reliably than those linked to savings accounts. It is also a good idea to bring a small amount of U.S. dollars that can be exchanged in-country.

#### **General**

##### *voltage converter/ adapter plug*

Before departure, assess your need for a voltage converter and/or adapter plug based on the electrical devices you plan to bring. We recommend consulting this link: [www.rei.com/learn/expert-advice/world-electricity-guide.html](http://www.rei.com/learn/expert-advice/world-electricity-guide.html).