

CHECKLIST

- ✓ **PASSPORT (& VISA IF REQUIRED)**
- ✓ **E-TICKET**
- ✓ **BANK DEBIT CARD – JAPANESE YEN**
- ✓ **¥10,000 IN CASH**
- ✓ **JAPAN STUDY TOUR BAG**
- ✓ **THIS BOOK & THE JAPAN STUDY TOUR DIARY**
- ✓ **TELSTRA PHONE AWAY CARD & INFORMATION**
- ✓ **CURRENCY CONVERTER CARD**

CASUAL CLOTHES

- ✓ T-shirts – cotton(with sleeves)
- ✓ A light weight jumper
- ✓ 2 pairs jeans/pants
- ✓ A cap or sunhat
- ✓ 2 pairs of comfortable walking shoes
- ✓ Raincoat or umbrella
- ✓ Underwear – enough for the trip!
- ✓ 3 pairs casual socks
- ✓ 2 nightdresses or pyjamas
- ✓ Bathers

TOILETRIES

- ✓ A toiletries bag
- ✓ Face washer
- ✓ Shower cap
- ✓ Toothpaste, toothbrush & dental floss
- ✓ Brush & hair ties
- ✓ Shampoo & conditioner
- ✓ Soap & soapbox
- ✓ Deodorant
- ✓ Sunscreen & moisturiser
- ✓ Pads/tampons

Clothes not to bring.....☺

- 🚫 Thongs/opened toed shoes
- 🚫 Singlet tops
- 🚫 Very short shorts



20 kgs!

CHECKLIST - continued

GENERAL ITEMS

- ✓ Address book
- ✓ Small pencil case & pens
- ✓ Camera & memory cards
- ✓ Photographs of family & home
- ✓ Book / magazine
- ✓ Snacks for the plane
- ✓ Sunglasses
- ✓ I-pod (optional)
- ✓ Chargers & adapters for camera/I-pod
- ✓ Mini sewing kit
- ✓ Small travel laundry soap

MEDICAL ITEMS - SUGGESTIONS

- ✓ Paracetamol
- ✓ Painkillers for period pain
- ✓ Nurofen/Naproxen
- ✓ Gastrolyte
- ✓ Band-aids/antiseptic cream
- ✓ Allergy medication – if required
- ✓ Cough lozenges (optional)
- ✓ Insect bite cream

Please do not forget to bring a doctor's letter with any prescription medication.

TOILETRIES FOR PLANE TRAVEL

Please see the attached documentation regarding the new regulations for carrying liquids, aerosols and gels in your hand luggage.

In brief:

- ✓ All liquids, aerosols & gels need to be carried in a clear 20cm by 20cm zip lock bag
- ✓ Each container cannot be more than 100ml



WHAT YOU SHOULD TAKE

LUGGAGE

It is essential that you prepare your luggage carefully before leaving for Japan. At all times you will be responsible for your own suitcase and hand luggage.

As we travel around Japan, there will be numerous occasions when you will be required to take your luggage up and down stairs, through stations and on/off trains. Please make sure that you can carry/wheel your bags easily and without assistance.

It is highly recommended that you have a suitcase with wheels.

It is recommended that you bring a medium size suitcase and the **Japan Study Tour bag** – this can be used as carry-on luggage during flights and as a daypack for sightseeing.

Japan is a very safe country; the low incidence of theft and crime is often commented on. This does not mean that you should be careless with your belongings. If you are taking travellers cheques or carrying cash it may be a good idea to put these in a bag that can be placed over your head or in a pouch that is worn under clothes or around the waist.

LUGGAGE WEIGHT

As a passenger in economy, you are permitted to take

- 20 kgs of checked in luggage
- One 7 kg piece of hand luggage. It is becoming quite usual for hand luggage to be weighed – so be careful!

Excess luggage is charged at \$48 a kilo in Australia; it is possibly the same price in Japan.

CLOTHING

We are visiting Japan at one of the most beautiful times of the year. The high temperatures and humidity of summer will be coming to an end and the balmy evenings and warm days of autumn will be ours to enjoy. September is renowned for high rainfall and temperatures between 15° and 27°C. These conditions mean that you will have to take a raincoat or umbrella and clothing appropriate for a range of temperatures.

You may be surprised at how fashion conscious Japanese people are. Even when sightseeing, most Japanese people are exceptionally well dressed. You are advised to bring neat and tidy clothing.

Please note that singlet tops or midriff tops, very short shorts or items of clothing with holes are **not** acceptable attire in Japan. Your t-shirts or shirts should either have long sleeves or capped sleeves.



We will be walking every day. So please bring shoes that are appropriate for hours and hours of walking. If you purchase new shoes for the tour, please 'wear them in' before we go!



The stereotype is true – you will have to take off your shoes in Japan. In some temples and shrines, in some restaurants and of course, in the ryokan you will have to put on slippers or simply walk around in bare feet or socks. Please make sure that your socks do not have holes in them!

LAUNDRY

You may have the opportunity to do some hand washing in your hotel room; however, it is recommended that you bring sufficient clothing to last you 10 days without having to do laundry at all.



WHAT SHOULD I PACK?

Please see the check list for items of clothing, toiletries, medical items and general items that are recommended for the tour.

MEDICATION – FIRST AID - EMERGENCIES

The staff will be taking a first aid box with them for emergencies.

If you are bringing any prescription medicine with you, it is **essential** that you bring a doctor's letter to validate its legal use in Japan. It is not unusual for customs to request such documents.

Please inform Ms. Oliver if you are bringing any prescribed medication with you. This information will remain confidential.

In cases of emergency we will contact your parents in Australia. Please ensure that we have their contact details while you are in Japan.

MONEY

Whatever money you decide to take to Japan is your responsibility.

As mentioned in the notes earlier, Japan is a very safe country; the crime rate is relatively low. This does not mean that we should be complacent about personal security. Your money should be kept in a safe place at all times. It is advisable to keep large notes out of view and have a smaller amount of money that is easily accessible in your wallet.

It is estimated that you will need approximately **¥40,000 to ¥50,000** to cover

lunch expenses and personal shopping. When shopping, always be mindful that you have to take home your purchases – excess baggage can be very expensive.

All of your meals (except lunch and dinner at Tokyo Disneyland) will be covered by the tour costs. It is possible to buy lunch and dinner at Disneyland for approximately \$30 or ¥3,000.

The amount of spending money you take is an issue for you, and your parents, to discuss. Perhaps the following are a few expenses you can talk about when deciding on the amount:

- ☺ Snacks & drinks
- ☺ Postcards & postage
- ☺ Souvenirs for family & friends
- ☺ Souvenirs at Tokyo Disneyland
- ☺ Japanese novelty items – pens etc.

TYPE OF MONEY

We recommend that you bring **Bank Debit Card in Japanese Yen**

Banks in Australia do offer Japanese Yen travellers cheques; however, past experience in Japan has resulted in these being very difficult to exchange.

Please bring a small amount of Japanese Yen in **cash** (¥10,000) – so you have the convenience of spending money as soon as we arrive in Japan. It may not be possible to go to a bank in the first few days of arriving.



A ¥ 1000 note

Credit cards are not as widely accepted in Japan as they are in Australia. Japan is very much a cash based society. A credit card should not be a primary source of your funding while there.

Australian ATM cards that banks advertise as being 'international' are not very useful at all. Some ATM machines in Japan are only open during banking hours and not open at weekends. There are only a selected few banks that accept Australian cards – so please do not rely on an ATM card for your money.

It is very important that you budget your money carefully while in Japan. Without a doubt, the last week of the tour will be the most expensive – you will be more likely to buy soft drinks, snacks and souvenirs while we are busy tourists in Kyoto and Tokyo. You should certainly budget for the day at Tokyo Disneyland – past experience indicates that this is a particularly intensive souvenir shopping day!