

JAPAN PACKING CHECKLIST

FOR TEACHERS



Essentials

- Passport
- Insurance documents
- Emergency contact numbers
- Passport details for all passengers
- Student names on school letterhead confirming student status and parental permissions
- Camera
- Phone
- Chargers
- Memory cards
- Plug adaptor (two pin flat)
- Day bag/rucksack



Personal

- Wash kit (incl. lip balm and moisturiser)
- Towel
- Insect repellent
- Medication, incl. for travel sickness (if applicable)
- Water bottle
- Eye mask (summer)
- Sunglasses
- Sunscreen
- Notebook, pens, pencils



Clothing

- Suitable, comfortable walking shoes
- Walking socks
- Warm coat
- Waterproof jacket
- Waterproof over-trousers
- Trousers
- Shorts (summer)
- Thin warm layers:
 - Long sleeved tops
 - Fleece
- Thermal top
- Thermal underwear
- T-shirt
- Underwear (incl. normal socks)
- Swimming costume/trunks
- Gloves
- Scarf
- Woolly hat



Handy things

- Reusable laundry bag
- Tissues
- Wet wipes
- Hand sanitiser



Anything else?

- _____
- _____
- _____

- _____
- _____
- _____

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