

Moving to Japan?

Don't forget to pack these items with you!

Moving to another country can be an exciting and overwhelming experience, especially if you've never done it before.

There are mountains of research, endless amounts of paperwork, learning new customs, laws, rules, social etiquette, and there's the question, *"What do I need to pack for myself and my family?"*

We understand this can be a stressful time for all members of the family and we wanted to check one item off of your list. Below you will find a checklist of everyday items that are not available, or will be extremely expensive and difficult to find, once you arrive in Japan.

A Packing Checklist



Home country drugstore items:	
Quality deodorant	
Activated charcoal	
Shampoo	
Conditioner	
Toothpaste	
Antibacterial cream (<i>Neosporin, Polysporin</i>)	
Hair creams	
Hair gels	
Painkillers for adults and children	
Anti-acids	
Sanitary items	
Cough and cold medicine	
Antihistamines	
Floss	
Vitamins	
Prescriptions	
English language laptop / keyboard	
Clothing:	
Suits	
International driver's license	
Japanese / English dictionary	
Two to three months of savings	
Your family's favorite snacks	
Baking ingredients:	
Special chocolate	
Cupcake wrappers	
Dark brown sugar	
Japan Rail Pass	
Visa, MasterCard, and cash	
Universal power adaptor	
Three-prong adaptors	
Bath towels	
Bed linens	
Holiday decorations	
Greeting cards	
Craft and art supplies	
English reading materials	
Furniture	
If you're moving with an infant:	
Teething gel	
Food packets	
English toys and books	
Stroller	
Dreft	
Diaper rash cream	
Favorite bath products for baby	
Formula	
Bottles, pacifiers, sippy cups	
Diapers	

We hope you find the checklist helpful.

It's important to keep in mind that while some comforts from home may be hard to find, Tokyo - and Japan in general - is a beautiful place with the perfect balance of modern and traditional, with many alternative items that may just become a new family comfort!

Resources

- [The Culture Trip](#)
- [Inside Kyoto](#)