Japan Packing List

When deciding your packing list for our program, please keep in mind your luggage space AND carrying your bags. YOU and only YOU are responsible for carrying your own weight so PACK MINDFULLY! One medium sized, wheeled suitcase should be sufficient, just remember it should be something you can carry easily yourself. Luggage cannot exceed 50 lbs. Not only will you incur outrageous baggage fees, you'll carry that weight around the entire trip. One checked bag AND a personal carry on item- like a sturdy backpack will do quite well. Put a spare t-shirt and undergarments in your backpack for the flight, in the event we have luggage delays or issues, you're covered for a day! LABEL YOUR LUGGAGE! The airport will have luggage tags, but if you or your parents have some, grab those as well. Consider a TSA approved luggage lock as well.

Use the following as guidelines and suggestions to help you pack for Japan. While we want you to come prepared, please consult with your parents and program leaders with questions PRIOR to departure!

We can expect temperatures to be around 75° during the daytime hours, and 65° degrees in the evenings (these are approximate).

**WHAT TO BRING**

**PASSPORT! PASSPORT! PASSPORT! (and an extra copy)**

- Bring a Day Bag, can / should be used as your carry-on
- Waterproof backpack cover (Optional)
- T-shirts / Long sleeved shirts
- Long Pants
- Shorts
- Wind and waterproof jacket and pants
- Comfortable walking shoes (waterproof recommended)
- Casual shoes / sandals (optional)
- Underwear and socks
- Pajamas
- Sunglasses, chapstick and a hat for protection from the sun
- Sunscreen
- Insect repellent (will be provided)
- Toiletries! — shampoo, conditioner, brush/comb, toothbrush, toothpaste, face cleansers, deodorant, contact lens stuff. (Towels, soap and shampoo will be provided at most of our accommodations and when not provided can be purchased upon arrival)
- Personal medications. Any scripts need to be cleared by the Health and Wellness Center.
- All of your full-size liquids MUST go in your checked back- so consider a plastic bag in case of an unforeseen accident. Liquids you want to bring in your carry-on must pass TSA guidelines. Consult the TSA website for regulations; usually 3oz or less. This includes makeup! They’ll take any items that do not meet regulations. This will slow us down at TSA checkpoints.
- Travel alarm clock. Don’t rely just on your phones for alarms; trust us, we’ve seen how that works.
- Chargers for phone or any mobile device you bring, and the correct adapter.
- YOUR JOURNAL! Pens/pencil
- Cards / books / travel games
- Headlamp with extra batteries
- Refillable Water Bottle (1 litre)
- Small wallet or money belt for valuables
- Cash in small bills for souvenirs – no more than $200
- Personal snacks / protein bars

WHAT TO LEAVE BEHIND

- Any item that would lead you to departing early from the trip because it violates Lawrenceville’s rules / expectations. This includes but is not limited to vaporizers, pods, drugs, alcohol, any tobacco products. Leave it off of this trip, and strongly consider eliminating it from your life entirely.
- Anything of irreplaceable value. Use a wallet/money belt. Something inconspicuous. Items lost or stolen will likely not be recovered.
- All of the negative vibes.