

## Suggested Packing List:

### THINGS TO TAKE

#### Luggage:

- 1 suitcase that you can manage by yourself (recommend 22", no larger)
- 1 backpack
- 1 fanny pack for carrying spending money, and other essentials.
- Remember, when it comes to valuables: **"put it in the same place every time"**

#### Gifts for Host Family:

The class will supply a homestay gift for each host family, but you will need to supplement this. Please refer to the omiyage instructions. Bring some extra small items to use as gifts for unexpected family or friends.

#### Spending Money:

It's suggested that each student have at least \$100 - \$150 in yen to buy souvenirs and incidentals (all food/snacks are covered by the group). This money needs to be converted to yen prior to departure.

**Clothes:** Pack enough clothes to last for one week. Host families will have washing machines, but clothes dryers are uncommon. The weather is very warm and humid; we will catch the end of the rainy season, so clothes that breathe and dry quickly should be considered. Dress code in Japan is more modest than the U.S. - no short shorts (Bermuda length ok), no spaghetti straps, no baggy pants, no bare midriffs, adults don't wear shorts. No jewelry is to be worn at school (including earrings or wrist bands/bracelets). The class will provide each student with an Oya No Kai T-shirt (for the performance) and matching shirts to wear at school and during travel.

- Shirts/Blouses
- Shorts/Skirts/Pants
- Socks
- Underwear
- Khaki shorts (or Khaki skirt or capris for girls) for performances
- Pajamas - wear only to sleep in
- Swimsuit
- Light jacket (water-repellent/proof hooded jacket is best)

**Shoes:** One pair of good, comfortable walking shoes that are easy to take on/off (avoid laces). Sandals or open toe shoes may not be a good choice as there are many gravel/pebble paths.

One pair of school shoes - to be worn *inside only* at the schools. They need to be new or newly-washed (not worn outside). Again, slip-on shoes are best.

**Toiletries & Personal Items:**

- Take regular use toiletries (for two weeks)
- Toothbrush/Toothpaste (extra toothbrush for school)
- Shampoo/Soap
- Small bath towel/washcloth (need the towel for the onsen)
- Tissue paper (Kleenex) public toilets don't always have toilet paper
- Comb/Hairbrush/Hair ties (long hair must be tied up at onsen)
- Deodorant
- Sunscreen
- Bug Repellent

**Other Items** (some are optional)

- 2 - 3 handkerchiefs
- Memory book to give to homestay family (provided)
- Watch
- Camera (and battery charger!!)
- Reading book/ magazine
- Fold-up umbrella, small
- Water bottle (optional)
- Snack (for airplane)
- Gallon-size ziplock bags to keep valuable items dry Small bag or pillowcase to put dirty clothes in (easier to hand to host family for washing)
- Japan Journal (will be distributed at the last Cultural Series meeting)
- Medications (in original containers; consider motion-sickness pills, Tylenol, chewable laxative, melatonin)
- Thank you notes to host family 1 from parents 1 from student!

**\*\*\*\*\*PACK A SACK LUNCH FOR FIRST TRAVEL DAY\*\*\*\*\***

**\*\*\*\*\*PACK CLOTHES, PJs, AND ESSENTIAL TOILETRIES, AND  
MEDICATIONS FOR TWO DAYS AND  
NIGHTS IN YOUR CARRY-ON BACKPACK. YOU MAY NOT  
GET YOUR LUGGAGE FOR ONE-TWO DAYS.**

**\*\*\*\*\*PACK LIGHT ! \*\*\*\*\***

**Your child should be able to tote all of his/her own packed  
luggage around the block twice.**