

Travelling to Japan

Predeparture Checklist & What to Pack

Here are some key tips based on my personal experience and knowledge of travelling to Japan. Be sure to do your own research too!

Predeparture Checklist

- Apply for visa (if required)
- Get travel insurance
- Check any restrictions regarding medication
- Withdraw yen and/or research bank cards etc
- Alert bank of travel plans
- Decide on a phone plan and/or portable WiFi hotspot device
- Driving in Japan? Look into an international driving permit.
- Book accommodation (be aware of smoking/non-smoking rooms)
- Research the Japan Rail Pass and other related options
- Book tours/activities (optional)
- Save emergency numbers in your phone
- Pack!



What to Pack

- Toothpaste (if you use toothpaste containing fluoride)
- Antiperspirant (if you use it)
- Adapter plug
- Suitable clothes and shoes (incl. shoes you can take off easily)
- Photocopy of passport – and actual passport!
- A note of the first address you'll stay at in Japan (keep in hand luggage)*
- A note of dates of any past trips to Japan (keep in hand luggage)*



*You will most likely be asked to provide this information to Japanese immigration upon arrival.

Buy the Full Survival Booklet

Visit the [Ippo Ippo Japanese Shop](#) to purchase your complete Travel Japanese Survival Booklet for as little as £15. This guide took many hours to put together, so I really appreciate you supporting my work!

By purchasing the full version, you will get access to a 43-page Survival Booklet including:

- The continuation of each chapter
- A curated list of handy resources & further reading for travellers
- A selection of quizzes to test your knowledge and practise your Japanese

The Survival Booklet is designed to be printer friendly. When making payment, you can select either A4 or A5 size and a background that is either light purple or white. Please let me know if you have any other needs such as for larger text.