

ICEP JAPAN PACKING LIST

Becket-Chimney Corners YMCA

The weather in Japan will be hot and humid and rain showers are possible during the summer months. The Japanese dress code is casual, and it's important to be presentable to show respect as a tourist. Clothes that are ripped/dirty or are revealing send a negative message that is culturally confusing and disrespectful. While locals may not comment on your attire, they may still feel offended. Shorts, T-Shirts, and Tank Tops are all common in Japan and light or quick dry materials are most comfortable. Unfortunately, there are more restrictions on female dress in Japan - avoid tight fitting clothing, short-shorts, and tops that over expose shoulders like spaghetti straps and low necklines.

ESSENTIAL ITEMS

- ___ PASSPORT- Good for at least 6 months past your return to the US. Sign the photo page and keep a photocopy at home.
- ___ LUGGAGE—Your preference of a backpack, rolling suitcase or duffel with wheels. You must be able to carry all of your belongings through the airport and load them in and out of vehicles yourself. Bags should weigh under 50 pounds.
- ___ DAYPACK— Like a school backpack, it should be comfortable for hiking and be able to hold a water bottle, rain jacket, change of clothes, and lunch.
- ___ WATERPROOF RAIN JACKET or SHELL WITH A HOOD (1) — campers who didn't pack this regretted it!
- ___ SLEEPING BAG —You will sleep in this at camp. Even in the summer, nights at camp can be cool.
- ___ PILLOW — We recommend a compressible travel pillow.
- ___ WATER BOTTLES (2) – Nalgene style (32 oz) is preferred.

CLOTHING AND FOOTWEAR

- ___ T-SHIRTS (8) – 1 dress top/shirt for homestay orientation/special events (see “dress outfit”). Quickdry shirts are great.
- ___ SHORTS or LONG SKIRTS (4-6 prs.) —One pair of shorts should be long/ athletic type. Skirts should cover knees.
- ___ PANTS (1-3 prs.) – 1 pair for work/paint use, 1 daily use, 1 dress pant (see “dress outfit”). Pants should be light-weight and able to dry quickly; avoid jeans because of the hot weather.
- ___ LONG SLEEVED SHIRT (1) – T-shirt or other lightweight material.
- ___ MID-WEIGHT VEST or PULLOVER (1) – Fleece or wool sweater; you will need this at camp.

- ___ UNDERWEAR (15prs.)
- ___ HAT (1) – Sun or baseball style hat
- ___ SOCKS (15 prs.) – They should be in good shape; you will take your shoes off frequently.
- ___ BRAS (3-4)
- ___ PAJAMAS (1pr)
- ___ BATHING SUIT (1) – Camp appropriate swimsuit: Swim trunks for boys, one-piece or athletic style bikini for girls.
- ___ WORK OUTFIT (1) – For painting, etc., that covers shoulders, torso, and upper legs.
- ___ DRESS OUTFIT (1-2) – Comfortable yet presentable for special events Suggestions: For boys - a button down shirt and khakis, for girls - a long skirt and shirt, or nice, loose pants and top.
- ___ SHOES/SANDALS (2 prs.) – Comfortable, supportive shoes or sandals. Shoes that work well in the rain are helpful.
- ___ FLIP FLOPS or CROCS (1pr.) – For showering.
- ___ SLIPPERS (1pr.) – Separate from showering shoes, to be used as “indoor-only shoes” (this is customary in Japan).

MISCELLANEOUS

- ___ TOILETRIES – Enough for the whole trip.
- ___ STRONG SUN BLOCK – SPF 30 or higher.
- ___ PADS/TAMPONS – Female campers should bring them even if you think you will not need them.
- ___ TRAVEL TOWELS (2) – Bring towels that will dry quickly.
- ___ CAMERA/Memory Card/Charger
- ___ FLASHLIGHT or HEADLAMP – Compact with extra batteries. This will be your nightlight.
- ___ MONEY BELT OR FANNY PACK – bring something you can carry money/passport in that is close to your body (not a purse or backpack). You will be responsible for your passport on the program.
- ___ WATCH— It is really important to be on time.
- ___ TRAVEL ALARM CLOCK – You may be responsible for waking up the group during the trip.
- ___ SMALL PORTABLE FAN - Small enough to fit into your backpack or luggage. Battery powered or rechargeable.

- ___ BUG REPELLENT
- ___ SPARE EYEGASSES – For contact wearers.
- ___ COLLAPSIBLE BAG – To hold 3-4 days of clothes for excursions to Nikko and Tokyo. Your daypack could work for this.
- ___ EXTRA BAG – to keep at camp with anything you decide not to bring

OPTIONAL

- ___ PHRASEBOOK or DICTIONARY – Lonely Planet recommended.
- ___ SMALL, INEXPENSIVE GIFTS & THANK YOU CARDS– to exchange with homestay family
- ___ BOOKS, MUSIC, GAMES - For long waits and plane rides. You can bring music or reading devices like IPODs or Kindles without wi-fi access but you are responsible for them. Charging may not always be available, voltage will be different.

- ___ ANTI-BACTERIAL HAND GEL _
- ___ JOURNAL/ LETTER WRITING SUPPLIES
- ___ MUSICAL INSTRUMENT
- ___ UMBRELLA
- ___ RECIPES – For cooking with homestay or group
- ___ SUNGLASSES
- ___ SOUVENIR MONEY – You will not need any money to fully participate, but most ICEPers bring around \$300 to spend on souvenirs and extra snacks. Bring \$60 in US dollars and the rest on a VISA or Mastercard debit card not a visa gift card. Know your pin number and let the company know you are using the card abroad.
- ___ CELL PHONE – It is recommended to have your cell phones for ease of communication with trip leaders and family back home. However, it is not required. Participants will have limited access to their cell phones.

***All medications must remain in their original packaging. If you use prescription medication, please ensure you bring enough supplies to last through the entire program, plus a little extra. All meds will be turned in to the infirmary while at camp.**

WHAT NOT TO BRING

- o **Computers or tablets**
 - o **Expensive/large jewelry or watches, valuable personal items, any sort of “bling”, or anything you would be sad to lose or get really dirty**
 - o **Pocket knives or weapons of any kind**
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