

ICEP JAPAN PACKING LIST

Becket-Chimney Corners YMCA

The weather in Japan will be hot and humid with rain showers 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 material is most comfortable. Unfortunately, there are more restrictions on female dress in Japan- avoid tight-fitting clothing, short-shorts, and tops that overexpose shoulders like spaghetti straps and low necklines. Please only bring what is on the packing list.

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.
- ☐ **DAYPACK** - Like a school backpack, it should be comfortable for hiking and be able to hold extra supplies such as a water bottle, rain jacket, change of clothes, and lunch.
- ☐ **SLEEPING BAG** - You will need this to sleep at camp. Even in the summer, nights at camp can be cool. Linens will be provided in Japan.
- ☐ **PILLOW** - We recommend a compressible travel pillow.
- ☐ **WATER BOTTLES (1-2)** - Nalgene style (32 oz) is preferred.
- ☐ **WATERPROOF RAIN JACKET or SHELL WITH A HOOD (1)** - campers who didn't pack this regretted it!

CLOTHING AND FOOTWEAR

- ☐ **PANTS (3-4 pairs)** - 1 pair for work/paint use, 2 for daily use, 1 dress pant. Pants should be lightweight and able to dry quickly; avoid jeans because of the hot weather.
- ☐ **SHORTS/LONG SKIRTS (4-6 pairs)** - One pair of shorts should be long/athletic. Skirts should cover the knees.
- ☐ **T-SHIRTS (8-10)** - 1-2 dress top/shirt for homestay orientation/special events. Quick-dry shirts are great.
- ☐ **LONG SLEEVED SHIRTS (2-3)** - T-shirt or other lightweight material like polypropylene.
- ☐ **UNDERWEAR (15 pairs)**
- ☐ **HATS (1)** - One sun or baseball-style hat.
- ☐ **BRAS (5)**
- ☐ **SOCKS (15 pairs)** - 5 pairs should be synthetic hiking or wool socks; the warmer, the better!
- ☐ **PAJAMAS (3-4 pairs)** - Need to be warm!
- ☐ **BATHING SUIT (1)** - Camp-appropriate swimsuit: swim trunks, one-piece, or athletic-style bikini.
- ☐ **WORK OUTFIT (1)** - For painting, etc., that covers shoulders, torso, and upper legs.
- ☐ **DRESS OUTFIT (1)** - Comfortable yet presentable for homestay orientation and special events.
- ☐ **SHOES/SANDALS (2 pairs)** - Comfortable, supportive shoes or sandals. Shoes that work well in the rain are helpful.
- ☐ **FLIP FLOPS or CROCS (1 pair)** - For showering.
- ☐ **SLIPPERS (1 pair)** - Separate from showering shoes, to be used as "indoor-only shoes" (this is customary in Japan)
- ☐ **MID-WEIGHT VEST or PULLOVER (1)** - Fleece or wool sweater; you will need this at camp

MISCELLANEOUS

- ☐ **TOILETRES** -Enough for the whole trip.
- ☐ **STRONG SUN BLOCK** - SPF 30 or higher.
- ☐ **PADS/TAMPONS** - Female participants should bring them, even if you think you will not need them.
- ☐ **TOWEL or PACK TOWEL (2)**
- ☐ **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 during the program.
- ☐ **CAMERA/MEMORY CARD/CHARGER**
- ☐ **WATCH** - It is really important to be on time.
- ☐ **FLASHLIGHT or HEADLAMP** - Compact with extra batteries. This will be your nightlight.
- ☐ **EXTRA SMALL BAG** - To keep at camp with anything you decide not to bring
- ☐ **SPARE EYEGLASSES** - For contact wearers.
- ☐ **ANTI-BACTERIAL HAND GEL**
- ☐ **COLLAPSIBLE BAG** - To hold 3-4 days of clothes for excursions to Nikko and Tokyo. Your daypack could work for this.
- ☐ **BUG REPELLENT**

OPTIONAL

- ☐ **PHRASEBOOK or DICTIONARY**
- ☐ **BOOKS, MUSIC, GAMES** - For long waits and plane rides. You can bring music or reading devices like iPods or Kindles, but you are responsible for them. Charging may not always be available; outlets will be different.
- ☐ **SMALL, INEXPENSIVE GIFTS** - to exchange with host peers and staff at the Y. For example: keychains or postcards from your hometown.
- ☐ **MUSICAL INSTRUMENT**
- ☐ **RECIPES** -For cooking with your group or homestay family.
- ☐ **JOURNAL/LETTER WRITING MATERIALS**
- ☐ **SCARF** - For cold, rainy days.
- ☐ **OUTLET ADAPTOR** - Find them at Best Buy or other electronics stores. Japan has type A and B outlets.
- ☐ **LUGGAGE LOCK**
- ☐ **SUNGLASSES**
- ☐ **TRAVEL HAIR DRYER** - if you have long hair
- ☐ **EARPLUGS for sleeping**
- ☐ **NAIL BRUSH**
- ☐ **SOUVENIR MONEY** - You will not need any additional money to fully participate, but most ICEPers bring around \$300 to spend on souvenirs and extra snacks. Bring about \$150 in crisp, new US Dollars (easier to exchange), and the remainder on a Visa or Mastercard debit/credit card, not a gift card. Know your pin number and let the card company know you will be using it abroad.

*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 medications, prescription and over-the-counter, will be turned in to the infirmary while at camp.

PACKING LIST GUIDE

Items on the packing list can be borrowed from family, friends, found in thrift stores, or purchased from most outdoor gear retailers such as REI, Eddie Bauer, LL Bean, etc. Good deals on items can sometimes be found online at sites such as [Steep and Cheap](#), [Backcountry](#), and [Sierra Trading Post](#).

[Sleeping Bag](#)

[Stuff Sack](#)

[Travel Pillow](#)

[Waterproof Rain Jacket](#)

[Work Gloves](#)

[Long Underwear Top & Bottom](#)

[Pack Towel](#)

[Money Belt](#)