

# 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"). Quick-dry 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 (10-12prs.)**
- \_\_\_ **HAT (1)** — Sun or baseball style hat
- \_\_\_ **SOCKS (8 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 homestay orientation and 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.
- \_\_\_ **FLIP FLOPS or 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** —This cannot be your cell phone; cell phones are not allowed.
- \_\_\_ **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.
- \_\_\_ **BUG REPELLENT**
- \_\_\_ **SPARE EYEGLASSES** — For contact wearers.
- \_\_\_ **GIFT FOR HOST FAMILY** — Be creative; think of something special from where you live. For example: a calendar, clothing from local sports teams, games, crafts, picture books or kitchen items.

- \_\_\_ **FIRST AID KIT\*** – Keep it small and fill it with items you commonly need or use. Leaders will also carry a kit.
- \_\_\_ **PHOTOS FROM HOME** – To break the ice with your host family. Photos of your family, pets, friends, hometown, etc.
- \_\_\_ **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 host peers and YMCA volunteers

- \_\_\_ **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**
- \_\_\_ **RECIPES** – For cooking with homestay or group
- \_\_\_ **UMBRELLA**
- \_\_\_ **SUNGLASSES**
- \_\_\_ **SET UP SKYPE ACCOUNT**– Participants can use Skype accounts to call home
- \_\_\_ **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.

**\*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 and will be given back to you before you leave for your trip.**

## WHAT NOT TO BRING

- Cell Phones, computers, tablets, i-pod touch (MP3 players okay)\*\*
- Expensive/large jewelry or watches, valuable personal items, any sort of “bling”, or anything you would be sad to lose or get really dirty
- Pocket knives or weapons of any kind



\*\*TSP Participants are not allowed to bring electronic devices that allow them access to the internet or texting. Standard MP3 players are okay. If your phone is also your camera, MP3 player etc. you will need to bring separate devices or go without.

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## PACKING LIST GUIDE

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

See below for links to items we frequently receive questions about:

- [Waterproof Rain Jacket](#)
- [Travel Pillow](#)
- [Travel Towel](#)
- [Money Belt](#)
- [Headlamp](#)
- [Work Gloves](#)