

# Japan Summer Packing List

Lightweight outfits, serious walking shoes, and room for souvenirs

## CLOTHING

- ☐ 3 lightweight or linen dresses
- ☐ 2 lightweight skirts
- ☐ 1 pair linen or lightweight pants
- ☐ 2 pairs comfortable shorts
- ☐ 5 lightweight tops
- ☐ 1 light cardigan, wrap, or linen shirt
- ☐ 6 pairs underwear
- ☐ 2 bras
- ☐ Several pairs comfortable socks
- ☐ 1 lightweight pair of pajamas
- ☐ 1 swimsuit, if your hotel has a pool

*Choose breathable pieces that mix, match, and dry quickly.*

## JAPAN + SUMMER ESSENTIALS

- ☐ Small hand towel
- ☐ Gallon zip-top bags for trash
- ☐ Packable duffel bag
- ☐ Compression packing cubes
- ☐ Rechargeable portable fan
- ☐ Cooling towel
- ☐ Compact umbrella
- ☐ Sunscreen
- ☐ Insect repellent
- ☐ Blister bandages
- ☐ Laundry sheets or detergent

*Public trash cans can be scarce, so carry your trash with you.*

## SHOES + ACCESSORIES

- ☐ Supportive, broken-in walking shoes
- ☐ Comfortable walking sandals
- ☐ Packable sun hat
- ☐ Sunglasses
- ☐ Crossbody or belt bag
- ☐ Hair ties or clips
- ☐ Simple jewelry, if desired

*Two pairs of shoes are plenty. Wear the bulkier pair in flight.*

## PERSONAL ITEM

- ☐ Passport
- ☐ Wallet, credit cards, and Japanese yen
- ☐ Phone
- ☐ Wall adapter and charging cables
- ☐ Portable battery
- ☐ Headphones or earbuds
- ☐ Neck pillow
- ☐ Travel documents and insurance details
- ☐ Lightweight layer
- ☐ Pen
- ☐ Medicines - keep in original labeled bottles, verify Japan's rules, and carry prescription copies or a doctor's letter if needed

*Keep medication, documents, valuables, and batteries in your carry-on.*

## TOILETRIES

- ☐ Toothbrush and toothpaste
- ☐ Travel-size skincare and makeup
- ☐ Hairbrush or comb
- ☐ Hair products
- ☐ Deodorant
- ☐ Razor
- ☐ Feminine products
- ☐ Travel-size shampoo and conditioner

## LAST-MINUTE NOTES

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