

My Basic Packing List for Japanese Exchange Students & Teachers

Clothing

School *Aim to pack around 2 week's worth of school clothing*

- 5 Short-Sleeve Shirts
- 6 Long-Sleeve Shirts
- 8 Skirts
- 3 Sweaters
- 10 Knee Socks
- 1 Dress Code Coat

Casual *Keep in mind the weather while you're in Japan.*

- 5 Short-Sleeve Shirts
- 5 Long-Sleeve Shirts
- 5 T-shirts
- 4 Sweaters
- 3 Shorts
- 3 Pants
- 2 Skirts
- 2 Scarves

Seasonal

- 1 Heavy Coat
- 1 Pair of Gloves
- 1 Winter Hat
- 2 Fleece or Light Jacket
- 1 Raincoat
- 1 Bathing suit + a cover-up

Athletic *Even if you do not exercise, it's always a good idea to pack for it.*

- 2 Shorts
- 1 Leggings
- 2 Shirts

Basics

- 10 Underwear
- 10 Socks
- 2 Tights

- 5 Bras
- 2 Undershirts
- 2 Sleepwear outfits

Special Occasion *Unless needed, only pack one or two dressy outfits*

- 2 Dresses or
- 2 Blouses
- 2 Skirt/Slacks

Shoes

School *Different schools have different requirements for footwear*

- Pack according to your school's dress code
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Winter *It's not essential to have any specific shoes for winter*

- Warm boots are always a good idea
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Everything else Make sure to have at least one pair of comfortable walking shoes

- 1 Pair Casual Shoes
- 1 Pair Flip Flops or Slides
- 1 Pair Neutral Flats
- 1 Pair Dressy Shoes
- 1 Pair Sandals
- 1 Pair Athletic shoes

Toiletries:

Since it may be difficult to find the products you need at first, bring your regular products until you get settled in enough to find Japanese alternatives.

- Body Soap
- Shampoo
- Conditioner
- Deodorant
- Face Wash
- Moisturizer
- Toothbrush + Toothpaste
- Travel Size: Shampoo, Conditioner, Soap
- Razors
- Feminine hygiene products
- Brush

- Hair Ties
- Bobby Pins
- Nail Clipper
- Sunscreen
- Tweezers
- Basic First Aid kit
- Chapstick

Electronics

Phone

- Charger
- Headphones

Computer

- Charger
- Case

Other

- Portable charger
- Adapter

School Stuff:

Although school supply requirements differ among schools, it's a good idea to bring these basics.

- Pencil Bag
- Folders
- Spirals
- Binders

Important Documents

- Passport
- Credit Card
- Debit Card
- Wallet
- Japanese Yen

Other

Bags

- Purse
- Small Backpack/Day Bag
- School Backpack

Entertainment

- Books
- Deck of cards
- Uno (Very popular in Japan)

Miscellaneous

- Collapsible Laundry Bag
- Photo Album
- Journal
- Calculator
- Small umbrella