

# Packing

## **Pack smart**

While most things are readily available in Japan, some items may be more expensive, difficult to be mailed internationally, or simply inconvenient to purchase here, so you may wish to bring particular items with you from home.

## **Recommendations include:**

### **Clothes:**

Temperatures in the Kanto region can range from about 10 degrees Fahrenheit (around 1~2°C) in the winter to 100 (around 35°C) and humid in the summer. For this reason, a wide range of clothing sufficient for the entire year is necessary.

Do not forget to pack formal clothes like black suits which are suitable for ceremonial occasions as well.

If you need big size clothes (more than L), bring them from your home country as it is not easy to obtain those sizes in Japan. (same with underwear)

Also, if your feet are bigger than 28cm~for men, 25cm~for women, it may be difficult to find shoes in Japan.

\*Recently, more variety is available online.

### **Counter medicines:**

aspirins, cold medicine, stomach medicine, and other medicines you used to take. One-month supply of prescription medication is allowed. Please check the medical page for more details.

### **Back-up for glasses/contact lenses**

You can buy them in Japan, but you need to visit a doctor to get a prescription to purchase contact lenses. Back-up lenses will be useful for emergency.

### **Other personal items:**

Good deodorant and greeting cards are some things you can't find easily in Japan.

### **Electric adaptor/a voltage converter:**

Japan operates on a 100V supply voltage and 50/60 Hz. Socket type is a Type A (two prong like U.S).

### **SIM / Wi-fi router**

As Japan does not have many free Wi-fi spots, you will need to make a contract with a phone company once you are settled in Japan. Until then, you can use a short-term pre-paid SIM or Wi-fi router. You can pick one up at the airport of your arrival.

### **Hand-carried baggage**

- Cash (a credit card and a cash card if possible)
- Flight tickets
- Passport
- Travel insurance certificate (if any)
- A pen
- Contact list (Contact information of your embassy in Japan, Keio university, your guarantor, and your accommodation)
- Masks (Under the Covid-19 situation, the face mask wearing rate in Japan is

almost 100% except for small children)

## **Prohibited Items**

Please check Japan Customs page

<https://www.customs.go.jp/english/summary/passenger.htm>