


Japan Packing Checklist (Printable)

A clean, practical checklist for traveling through Japan comfortably. Designed for **walking-heavy days, public transport, and cultural ease.**

Travel Documents & Money

- Passport (valid for entire stay)
- Printed & digital passport copies
- Travel insurance details
- Debit / credit cards
- Cash **(JPY)**
- IC card (Suica)



| GBP £ | JPY¥ |
|-------|-----------|
| 100 | 22,000.00 |
| 200 | 43,000.00 |
| 300 | 64,000.00 |

Electronics & Connectivity

- Smartphone
- Charging cable
- Universal travel adapter (Type A)
- Power bank
- Pocket WiFi or eSIM
- Headphones

Luggage & Organisation

- Carry on or medium suitcase
- Packing cubes
- Daypack
- Laundry bag
- Reusable tote

Toiletries & Health

- Toothbrush & toothpaste
- Deodorant
- Skincare basics
- Prescription medication (with documentation)
- Pain relief / personal meds
- Hand sanitiser or wipes

Clothing – Core Essentials

- Comfortable everyday outfits (neutral colours for the best pictures)
- Layering pieces
- Sleepwear
- Underwear
- Socks

Seasonal Add Ons

- Lightweight rain layer (spring / summer)
- Breathable fabrics (summer)
- Mid weight layers (autumn)
- Warm coat & thermals (winter)

Footwear

- Comfortable walking shoes (broken in)
- Optional second lightweight pair
- Easy slip on shoes (temples / ryokan)

Japan Specific Extras

- Compact umbrella
- Coin purse (Most establishments will appreciate cash payments)
- Small towel / handkerchief
- Reusable water bottle
- Snacks for long train days

What NOT to Pack

- Oversized suitcase
- Multiple heavy shoes
- Bulky toiletries
- Too many outfits