ChoosePack: One-Bag Japan Checklist

14 DAYS • 1 BAG • 40L BACKPACK

1 CLOTHING (MERINO WOOL FOCUS)

4–5 DAY ROTATION

- [ ] 2 Merino wool T-shirts (short sleeve)
- [ ] 1 Merino wool long sleeve
- [ ] 1 Merino wool polo or henley
- [ ] 1 Lightweight button-up shirt
- [ ] 1 Lightweight pants (stretch or travel pants)
- [ ] 1 Comfortable shorts (optional)
- [ ] 1 Merino wool underwear (4–5 pairs)
- [ ] 4 Pairs merino wool socks
- [ ] 1 Lightweight fleece or mid layer
- [ ] 1 Packable rain jacket (waterproof)
- [ ] 1 Down or synthetic puff jacket
- [ ] 1 Neck gaiter or light scarf
- [ ] 1 Hat or cap
- [ ] 1 Lightweight belt

TIP: Stick to neutral colors. Wash every 4–5 days. Merino dries fast and resists odor.

2 TOILETRIES & HEALTH

WHAT TO CUT VS. BRING

- [ ] Toothbrush (travel)
- [ ] Toothpaste (travel size)
- [ ] Solid soap or body wash sheets
- [ ] Deodorant (travel size)
- [ ] Razor (travel)
- [ ] Sunscreen (travel size)
- [ ] Moisturizer (travel size)
- [ ] Hand sanitizer / wipes
- [ ] Basic first aid (band-aids, pain reliever, etc.)
- [ ] Prescription medications (original labels)
- [ ] Any personal medication

WHAT TO CUT

- Full-size bottles
- Makeup (pack minimal)
- Extra grooming tools
- Items you can buy in Japan

Note: Japan has strict rules on some medications.
Check import restrictions at mhlw.go.jp/english
Keep meds in original packaging with prescription.

3 TECH & ELECTRONICS

USB-C FOCUS • NO ADAPTER NEEDED

- [ ] Smartphone (unlocked)
- [ ] USB-C charging cable (1–2)
- [ ] USB-C wall charger (1–2 port)
- [ ] Power bank (10,000mAh)
- [ ] Noise-canceling earbuds or headphones
- [ ] E-reader or tablet (optional)
- [ ] Camera (compact) + extra battery
- [ ] IC Card (Suica / Pasmo) for transport & convenience

TIP: Japan uses Type A/B plugs (100V).
No adapter needed for most devices.
Bring USB-C chargers and cables.

4 TRAVEL DOCUMENTS & ESSENTIALS

KEEP IT ORGANIZED

- [ ] Passport (valid 6+ months)
- [ ] Visa (if required)
- [ ] Flight tickets / itinerary (digital + print)
- [ ] Travel insurance (digital + print)
- [ ] Cash (JPY) – Start with ¥20,000–¥30,000
  Use ATMs/7-Eleven for more cash as needed.
- [ ] Credit / Debit cards (notify bank of travel)
- [ ] Hotel reservations (digital)
- [ ] Copy of passport (digital + paper)
- [ ] Pen
- [ ] Small zipper pouch for documents

CASH STRATEGY

- Carry some cash for small shops, markets, temples, vending machines.
- 7-Eleven ATMs accept most international cards.

5 JAPAN-SPECIFIC ITEMS

SMALL ITEMS, BIG DIFFERENCE

- [ ] **Hand towel / Small towel**

Useful in bathrooms, onsen, and hot humid days.

- [ ] **Slip-on shoes or sandals**

Easy for temples, ryokans, and shoe-off spaces.

- [ ] **Coin laundry yen (¥100 coins)**

Most machines need ¥100 coins. Bring some.

- [ ] **Compact umbrella**

Lightweight and essential during rainy season.

- [ ] **Pocket tissues**

Useful in public restrooms and on the go.

- [ ] **Reusable water bottle**

Stay hydrated. Refill stations are common.

LEAVE BEHIND

Don't pack these. You won't miss them.

Full-size shampoo

Use travel size or buy in Japan.

Multiple shoes

One pair + sandals is enough.

Laundry detergent

Available in Japan if needed.

Power adapter

Not needed. Japan uses 100V.