| **Wear:** | **Carry On** | **Suitcase** | **To Be Added to the Group Box/Bin to Ship on Plane** |
| --- | --- | --- | --- |
| Comfortable / Stretchy clothing | Toothbrush/Toothpaste | SUNSCREEN | Tabi & Socks |
| Sneakers with Socks--this way you don't have to pack these separately and your feet won't get cold at the security gates | Comb/Brush | Deodorant (if not in your carry on) | Black Pants |
| Sunglasses (if you require them) | Hair bands | Shampoo/Conditioner (there might be some at the hotels so you don't need to carry on…we will check) | Black Sleeveless Shirt |
| Backpack | Deodorant | blister packs for feet | Purple Happi |
| Purse / wallet (if required) | Inflatable head pillow & eye mask (if you want) | hand tape (lots of it) for the workshop | Orange Belt |
| RECOMMEND: Passport **zipper** portfolio that you can store easily in your carryon/wearables and keep passport, money/card, etc) | iPod & earphones | Comfortable workout clothes--at least 5 sets (**you** will do laundry if needed). Should include shorts, t-shirts/tank tops, but nothing too revealing. ***YOU includes the kids and not just the chaperones doing the laundry.*** | Orange Hachimaki |
| watch | $20-30 USD for snacks/meals at airport | hand towel (you'll be sweaty) | Gauntlets |
| RECOMMEND: Other than your watch (and wedding rings for the chaperones)--leave the jewelry at home. | Book/Electronics for plane (or use headphones to watch the TV that is provided) | Socks, socks and more socks!! | Lint rollers (Cyndi will provide) |
| hoodie (planes get cold) | cell phones & chargers | swimsuits (you may or may not have a chance to use them) | Gifts for Eitetsu Fuun No Kai / Tenjin Kaze no Kai / Hosting Families? (Boosters & Mrs. Barrett to discuss--more info later) |
| **Note:** Traveling with credit cards? Call your card bank owner about 2 weeks before you travel to let them know the dates you will be out of the country | travel money in secure pocket or fanny pack (travelers checks, prepaid cards, cash, etc) | sleepwear | safety pins |
| wallets/purses | Umbrella (just in case--June is the rainy season) | bachi |
| gum & snacks | Electrical Adaptor (2 pronged devices are usually ok without an adaptor, but 3 pronged will need a converter) |   |
|   | Camera & batteries or charger for camera battery | travel alarm |   |
|   | empty water bottle (fill once you get past security) | safety pins |   |
|   | comfy clothes for plane ride or to change into during plane ride (I recommend the change as you will be in these clothes approx. 2 days) | travel spot remover such as a bleach pen or tide to go |   |
|   | passport | undergarments, etc |   |
|   | Glasses Case/Contacts Case with saline | baseball cap or hat (if wanted) |   |
|   | sunglasses | Makeup (for the girls if you absolutely have to have it :) ) |   |
|   | calling cards (if applicable) | lotion |   |
|   | Medications (unless being monitored by your chaperone). Should include prescription, pain meds such as Tylenol, Dramamine, etc. | Touring clothes…plan on wearing your sneakers pretty much all the time--we will be doing a lot of walking! Should also include enough shorts, jeans, t-shirts, etc for the 2 weeks or at least 1 week with a plan on doing laundry |   |
|   | Copy of passport to give to Mrs. Barrett or your chaperone | Flip flops or sandals for in the hotel in the evenings. |   |
|   | Mini-Help Booklet (Cyndi will provide…laminated cards with contact #'s, hotel locations, common phrases you might need) There will be a page on this booklet for you to enter emergency contact names/numbers. | flat iron/curling irons (blow dryers "should" be available in the rooms) |   |
|   | MINI HAND SANITIZERS!!! | personal products |   |
|   | ear plugs or noise canceling  | belts (if needed) |   |
|   | CHAPERONES ONLY: mini-first aid kit with Band-Aids, Neosporin, tweezers, wet naps, large Ziploc baggies (in case of motion sickness), peppermint candies and hard candies (sugar low), Dramamine, spare ponytail holders, extra mini hand sanitizers and nail clippers. It is cheaper to put this together here rather than in Japan. | Shaving materials |   |
|   | feminine products | feminine products |   |
|   | feminine products | Nice handkerchief or 2--some Japanese restrooms do not have paper towels for after you wash your hands. It is wise to get into the habit of carrying one of these |   |
|   | chapstick | 2nd part of sneakers (maybe) |   |
|   | Ziploc baggies--quart sized |   |   |
|  | *Note: You will be provided a blanket and pillow by the airline* |  |  |