

Guide IDS 360
Contemporary Japan and Its Roots

Packing Tips

General Guidelines:

Your mantra: light-weight and fast-drying!

Please bring one “casual dressy” outfit for dinners with our Japanese friends.

No short skirts or shorts while traveling: can be uncomfortable when sitting on tatami mats (OK in your room)

Clothing that can be layered – we’ll be in a variety of climates.

Stick with a limited color palette – mix and match

Have a watch with a fresh battery – keep jewelry simple.

These items are provided by our hotels: hair dryers, slippers, robes – save weight!

Carry-on – Backpack

Passport

Photo ID and student ID (it will get us discounts)

Travelers Checks

All medicines: OTC and prescriptions

One change of clothing

Electronic gear: computer, camera

Journal

NOTE: all liquids must be in containers with less than three ounces and all must fit in a one-quart ziplock bag.

NOTE: no knives, scissors, sharp objects

Distractions: trashy novel, computer games, to pass the time.

Checked Baggage – Rolling Suitcase

What Helen wore on the plane:

Casual chic jacket, short-sleeved green polo shirt, black chino pants, gym shoes

What Helen packed:

Three pairs of slacks – khaki

Two long sleeved shirts – for layering (one yellow print, one pink stripe)

One short sleeved shirt – scoop neck (white)

Five tank tops – one each yellow, green, pink, two white

One pair of walking sandals (not flip-flops)

Pajamas, underwear, accessories

A sturdy bag with shampoo, toothbrush, toothpaste, lotion, grooming items (sometimes the bath room is down the hall)

Mini-sewing kit, small scissors (we’ll have a first aid kit)

Folding sun hat

Large plastic bag for dirty clothes/laundry

Electronics: extra batteries (with terminals taped) and storage – flash drives

Itinerary, research materials, phone numbers