



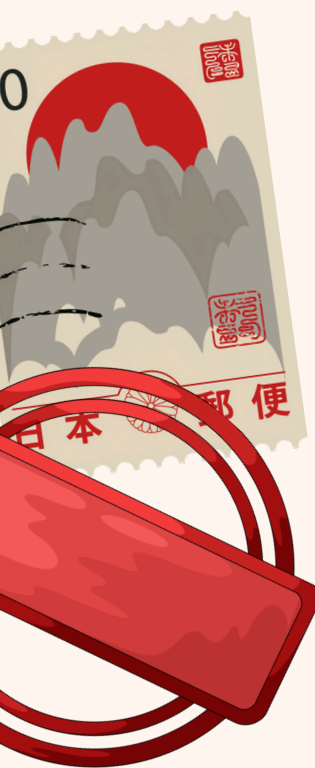
Japan Packing Checklist for Families

Perfect for first-time travellers, busy parents, and anyone who wants a stress-free packing experience.
Tick items off as you pack!



Essential Documents

- | | |
|--|---|
| <input type="checkbox"/> Passport (with 6 months validity) | <input type="checkbox"/> Debit/credit card with no fees |
| <input type="checkbox"/> Flight tickets/confirmations | <input type="checkbox"/> 10,000-20,000 yen cash |
| <input type="checkbox"/> Accommodation bookings | <input type="checkbox"/> SUICA/Pasmo/ICOCA card |
| <input type="checkbox"/> Printed addresses (handy for taxis) | <input type="checkbox"/> Visa (if needed) |
| <input type="checkbox"/> Travel insurance documents | <input type="checkbox"/> Visit Japan web confirmation |
| <input type="checkbox"/> Japan Rail Pass | <input type="checkbox"/> Driving license (if renting a car) |



Clothing For The Family

- | | |
|--|---|
| <input type="checkbox"/> T-shirts / tops | <input type="checkbox"/> Underwear and socks |
| <input type="checkbox"/> Warm layer (fleece or knit) | <input type="checkbox"/> Comfortable walking shoes |
| <input type="checkbox"/> Light jacket (spring or autumn) | <input type="checkbox"/> Sandals (summer) |
| <input type="checkbox"/> Winter coat (Dec - Feb) | <input type="checkbox"/> Hat (sun or winter) |
| <input type="checkbox"/> Water proof jacket | <input type="checkbox"/> Sunglasses |
| <input type="checkbox"/> Jeans/trousers | <input type="checkbox"/> Swimwear |
| <input type="checkbox"/> Leggings | <input type="checkbox"/> More formal outfit for dinners |
| <input type="checkbox"/> Pyjamas | |



For Babies and Toddlers

- | | |
|--|---|
| <input type="checkbox"/> Lightweight travel stroller | <input type="checkbox"/> Wipes |
| <input type="checkbox"/> Baby carrier | <input type="checkbox"/> Travel sized nappy cream |
| <input type="checkbox"/> Changing mat | <input type="checkbox"/> Travel high chair |
| <input type="checkbox"/> Nappies (3-4 days worth) | <input type="checkbox"/> Bottles and formula |
| <input type="checkbox"/> Favourite toy/comfort item | <input type="checkbox"/> Sippy cup and snacks |
| <input type="checkbox"/> Bedtime story book | <input type="checkbox"/> Sticker/activity books |



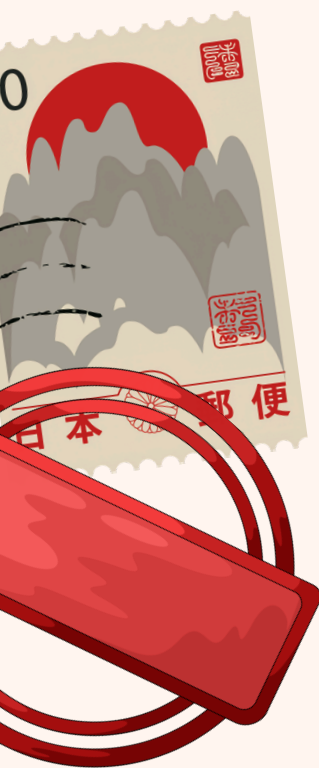
Save on Japan Tickets and Experiences

Use my discount code **THATMUMTRAVEL5KL00K** to
save on: Tokyo Disneyland, Disney Sea,
Universal Studios Japan, Rail Passes,
Airport Transfers, and more...



Toiletries and Personal Care

- | | |
|--|--|
| <input type="checkbox"/> Tooth brushes | <input type="checkbox"/> Hairbrush/comb |
| <input type="checkbox"/> Tooth paste (kids and adults) | <input type="checkbox"/> Hair ties |
| <input type="checkbox"/> Shampoo/conditioner | <input type="checkbox"/> Lip balm |
| <input type="checkbox"/> Body wash | <input type="checkbox"/> Hand sanitiser |
| <input type="checkbox"/> Deodorant | <input type="checkbox"/> Tissues (very handy in Japan!) |
| <input type="checkbox"/> Sunscreen (kids and adults) | <input type="checkbox"/> Make up and travel sized skincare |



Tech and Electronics

- | | |
|---|---|
| <input type="checkbox"/> Japan travel adaptor | <input type="checkbox"/> Tablet/switch/travel console |
| <input type="checkbox"/> Portable charger | <input type="checkbox"/> Bar adapter |
| <input type="checkbox"/> Power bank (highly recommend!) | <input type="checkbox"/> Sim card/Pocket Wifi |
| <input type="checkbox"/> Phone and charger | <input type="checkbox"/> Selfie Stick |
| <input type="checkbox"/> Camera and SD cards | |
| <input type="checkbox"/> Noise cancelling headphones | |
| <input type="checkbox"/> Apple airtags for luggage | |



Medicines and First Aid

- | | |
|--|---|
| <input type="checkbox"/> Paracetamol/ibuprofen (kids and adults) | <input type="checkbox"/> Thermometer |
| <input type="checkbox"/> Plasters and antiseptic wipes | <input type="checkbox"/> First aid kit |
| <input type="checkbox"/> Motion sickness tablets | <input type="checkbox"/> Medication (in original packaging) |
| <input type="checkbox"/> Antihistamines | <input type="checkbox"/> Imodium |
| <input type="checkbox"/> Rehydration sachets | <input type="checkbox"/> Cooling/heat pads |



Extras and What NOT to Pack!

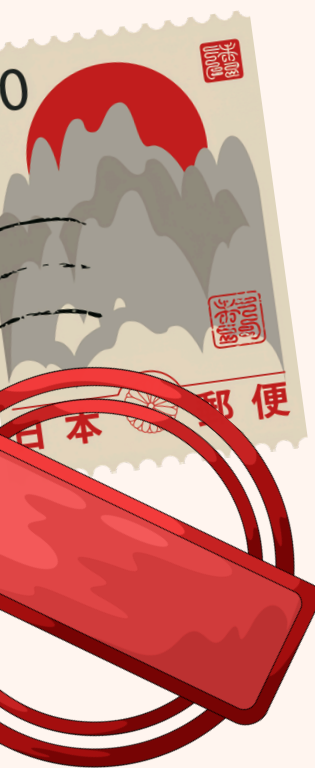
I recommend starting to pack 7-10 days before your trip.

TOP TIP: Keep a 'Japan basket' to hand, so you can store things you want to pack when you see them or when they come out of the laundry.



Toiletries and Personal Care

- | | |
|--|--|
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| <input type="checkbox"/> Deodorant | <input type="checkbox"/> Tissues (very handy in Japan!) |
| <input type="checkbox"/> Sunscreen (kids and adults) | <input type="checkbox"/> Make up and travel sized skincare |



What Not To Pack For Japan

- | | |
|---|--|
| <input type="checkbox"/> Towels (hotels provide these) | <input type="checkbox"/> Heels/uncomfortable shoes |
| <input type="checkbox"/> Hairdryer (hotels provide these) | <input type="checkbox"/> Clothes with large/offensive slogans |
| <input type="checkbox"/> Too many clothes | <input type="checkbox"/> Too many toys (bring one favourite teddy) |
| <input type="checkbox"/> Excess toiletries | |
| <input type="checkbox"/> Heavy prams | |
| <input type="checkbox"/> Oversized suitcases | |

Save my code *THATMUMTRAVEL5KLOOK* for later!

Final Pre-Trip Check

- | | |
|--|--|
| <input type="checkbox"/> Download offline maps | <input type="checkbox"/> Book airport transfers |
| <input type="checkbox"/> Print your itinerary | <input type="checkbox"/> Charge devices overnight |
| <input type="checkbox"/> Confirm hotel check-ins | <input type="checkbox"/> Download eSIM before you fly |
| <input type="checkbox"/> Pre-book attractions on Klook | <input type="checkbox"/> Change your watch for the time difference |
| <input type="checkbox"/> Pack passports and money | <input type="checkbox"/> Leave space for souvenirs! |

