THE SOLO FEMALE TRAVELER NETWORK

JAPAN PACKING CHECKLIST

Tokyo, an onsen in Izu, Kyoto, a monastery stay and Osaka.

WEATHER	PLUGS	MONEY	DRESS CODE	MUST-HAVE
Mild spring and fall days. Cool evenings.	Same shape as US two-prong. 100V.	Japanese yen. Carry some cash.	Neat and modest. Easy shoes for temples.	An overnight bag for luggage forwarding days.

CLOTHES

- [ ] 3 to 4 tops
- [ ] 1 or 2 light sweaters
- [ ] 2 pairs of pants
- [ ] Dress or skirt
- [ ] Light jacket
- [ ] Sleepwear and underwear
- [ ] Socks without holes (shoes come off a lot)

LUGGAGE FORWARDING

- [ ] Small overnight bag for Izu
- [ ] Small overnight bag for Koya-san
- [ ] 2 nights of essentials in each

SHOES

- [ ] Comfortable walking shoes that slip on and off
- [ ] A second comfortable pair

DOCUMENTS AND MONEY

- [ ] Passport (6+ months validity)
- [ ] Travel insurance details
- [ ] Debit card plus a backup card
- [ ] Some yen in cash

HEALTH AND TOILETRIES

- [ ] High-SPF sunscreen and SPF lip balm
- [ ] Pain relievers and electrolytes
- [ ] Band-aids and blister care
- [ ] Stomach meds
- [ ] Hand sanitizer, wipes, tissues
- [ ] Period products
- [ ] Prescription meds plus extra days

TECH AND EXTRAS

- [ ] Power bank
- [ ] eSIM or pocket wifi
- [ ] Offline maps
- [ ] Small towel or handkerchief
- [ ] Coin purse
- [ ] Small bag for your trash

THE THING EVERYONE FORGETS

A small towel or handkerchief. Many restrooms in Japan have no paper towels or dryers.

MY EXTRAS