Japan packing checklist

Sumimasen Guide

The small things first-time visitors forget. Tick them off as you pack.

Money

- [ ] A coin purse (coins are widely used, and handy for bus fares)
- [ ] Two payment cards, kept in different places, and your PINs
- [ ] Some cash in yen (not every store takes cards or e-money)

Small things Japan assumes you'll have

- [ ] A handkerchief or small towel (shrine water basins, restrooms)
- [ ] A small foldable bag for your trash (public trash cans are few)
- [ ] A reusable shopping bag (most stores charge for plastic bags)
- [ ] A small towel for a public bath (sento)

Shoes, socks and clothes

- [ ] Shoes that slip on and off easily (ryokan, some stores and homes)
- [ ] Socks you don't mind showing
- [ ] A light layer to cover your shoulders at temples and shrines
- [ ] Clothes for the season you are visiting

Medicines, electronics and documents

- [ ] Medicines: check the active ingredients before you pack
- [ ] A plug adapter if needed (Japan: Type A plugs, 100 volts)
- [ ] Power banks in your carry-on, never in checked baggage
- [ ] Your phone ready for data (an eSIM or a pocket Wi-Fi)
- [ ] Your passport, plus a copy kept separately
- [ ] Your travel insurance details

The suitcase

- [ ] Measure it: on the Tokaido, Sanyo and Kyushu Shinkansen, bags of 161 to 250 cm (length + width + height) need a seat with an oversized baggage area, booked in advance

Your own list

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Why each item matters, with official sources: **sumimasenguide.com/articles/japan-packing-list**
Checked October 2026. Rules change, so check the official pages before you travel.