

Your Packing List

These lists are just a place to start. You will want to make your own individual packing list. You can start now, making notes of items that you want to bring, as you think of them. Your handbook will have packing information and your host family may also ask you to bring certain items. There are also items which are specific to you, what you want and need to bring for a month in Japan.

You will need lists (for going to Japan AND for coming back) for your big suitcase, your carry-on and any smaller bag you choose to bring, and a packing list for Labo Camp. You can write these lists in your journal, or on separate pieces of paper.

Here are some things to think about when writing your lists:

1. While you are still at home in Alaska, pay attention to the items you use. This will help you remember the small items, such as fingernail clippers or your preferred over-the-counter medications.
2. Try to bring items you can use almost daily, or in more than one situation. A shirt which only goes with only one pair of pants, for example, isn't as useful as one which goes with all your pants.

After you figure out how many clothes you want to bring, you can subtract the change of clothes you put in your carry-on bag and the clothes that you are wearing from the list of clothes you'll put in your main suitcase. Two of your shirts will be your 4-H t-shirts, which you are required to wear on travel days and at Labo Camp. Remember to follow the dress code-no shorts or skirts that are much above knee level, no tank tops, revealing shirts or clothing advertising drinking, smoking, etc. You don't have to dress like you are going to church; most Japanese youth wear t-shirts. Just make sure that you look nice enough to visit a museum or temple. A delegate who wears baggy, sloppy or torn clothing, backwards hats, flip flops and too-short shorts won't be taken places by their host family because they aren't dressed well enough to take to shrines, restaurants, etc. You are living in Japan, not in "vacation mode". If you have a question about clothes, feel free to ask.

Here are some possible items for your lists.....

Suitcase Put one of the 4-H supplied luggage tags on your big bag

photocopy of your passport
your packing lists, if they are not in your journal
name cards
photo album
map of Alaska
gifts for your host family
gifts for Labo Party
book to read at Labo Party and then give to Labo Tutor
items for Labo Camp Bazaar
things to show host family and friends-music, magazines, snack foods, candies, etc.
postcards, pins, etc. to give to people you meet
items for any craft or cultural project you plan to teach
any items you need for games you plan to teach
non-perishable meal ingredients and recipe (spices need to be labeled or in their original containers)
Thank You card to leave with your host family
gift bags or other bags for "wrapping" presents for host family (reusable shopping bags work, too)
English-language books for you to read in your spare time in Japan
sun hat
sunscreen
swimsuit-Shorts/Trunks (not a tiny Speedo type) for men, one-piece (not a bikini) for women. Beach cover-up if you want one.
lotions and soaps
hair products (Japan is humid. You can spend a lot of time styling and have the style quickly "fall out". Plan for a simple style which doesn't take much time.)
extra toothpaste and dental floss (you may have a small tube in your carry-on) Or, you can plan to purchase a tube of toothpaste in Japan.
over-the-counter medications which you might need, but don't use on a daily basis, and your vitamins (all in the original containers or with part of the box label, so customs will know what you have)
personal care items, such as nail clippers and emery boards which you don't need on a daily basis but you will need sometime during the month
belt if you are not already wearing it

1 or 2 safety pins (for emergency repairs or to tighten clothing if you lose a little weight from all the walking in Japan)

Labo theme activity printout (this will be available later in the spring)

Deodorant

shavers

hand sanitizer or individual "towelette" wipes (also put a few in your carry-on)

small pocket-sized packages of tissues

underwear- 4 or more

pants/skirts-3 to 4

shirts-3-4 or more

small flashlight

socks-4 pair

light jacket or sweatshirt

"folding" umbrella for sudden downpours

extra shoes or sandals if you want (no flip flops or clogs) Wear the walking shoes on the way to Japan, as you will be walking through airports and train stations.

nice shirt to go with your skirt or pants, to wear on special occasions, or a dress (bring a slip if your dress or skirt needs one).

bandanna or large handkerchief/washcloth to use as a hand towel or

suncover for your neck

hiking clothes if you plan on going on the all-day mountain hike at camp-backpack, long pants which are not jeans, long-sleeved shirt, rain poncho or raincoat and rain pants, leather hiking boots, thick socks, any other items you like to use when hiking in the mountains. You do not need to bring these if you plan to choose a different activity and your host family hasn't planned any big hikes for you. See your handbook for up-to-date information.

Carry-On Put one of the supplied 4-H luggage tags on this bag

(This list would include items for overnight in Tokyo, both when you arrive and when you leave Japan, when you will have no access to your large suitcase. Your suitcase will be shipped directly from the airport to your host family while you overnight in Tokyo. The suitcase will be picked up at your host home a few days before you leave Japan and you will again overnight in Tokyo without it.)

Wear one of the 4-H t-shirts and carry the second one in this bag. You must wear these when traveling to and from your host family and your home in Alaska.

your USA cell phone if you plan to bring one, and the charger
anything breakable, but not against TSA rules, that you don't want to pack in your big suitcase
anything valuable, such as money, jewelry, electronics, wristwatches, sentimental items, etc. that should not be put in a suitcase
glasses and contact lenses, sunglasses, spare glasses
prescription medications and other items that you can't do without if your luggage is lost
copy of passport and copy of itinerary
a few of your name cards, in your wallet
travel-sized soap and shampoo and other personal items you need
note pad and extra pen
over-the-counter medications you really need and don't want to keep in your suitcase (not liquids)
glasses prescription and copies of medical prescriptions, if needed
PJ's-shorts and a t-shirt
pocket pack of tissues for bathrooms that might not supply TP or paper towels
a complete change of clothes: underwear, socks, pants or skirt and your 4-H t-shirt
photo album, if you don't want to put it in your suitcase
electrical converter if your host family says you will need one for your camera charger, iPod charger, etc.

Also in Carry-On or in Smaller Bag or purse (label with your name and address) or carry on your person (around your neck, etc.) You may receive a passport holder from 4-H. If so, you can use it or use one of your own.

boarding pass/ticket

wallet

money for plane, US dollars and ATM card, yen

photo ID, such as a state or school ID

passport and itinerary

delegate ID and Insurance card—this will be sent to you and must be with you at all times

journal

pocket tissues

pen and directions on how to fill out customs forms from your delegate handbook, if you would like to refer to them (or you can write this in your journal)

delegate Handbook or any handbook pages you think you will need

phrasebook and/or dictionary

ziploc bag for receipts and boarding passes (can be taped inside your journal)

camera, extra batteries, charger, extra memory cards

coin purse or coin holder in your wallet

empty water bottle to refill in airports once you have gone through security, a plastic one is ok

snacks, no liquids or puddings (can't take fruits, vegetables or meat into Japan, but can eat on the way)

books to read on plane

things to do on the plane

iPod and charger, if you plan to bring one, loaded with music, podcasts, audiobooks, etc. or another music player if you plan to bring one

hair care (brush, comb)

tooth care (toothbrush, mini-toothpaste, floss)

hand sanitizer

clothes to wear to welcome ceremony in Tokyo: a nice pair of pants or skirt and your 4-H T-shirt. Please, no shorts, sandals or clogs. This can be the same as your spare change of clothes.

blanket, sweater, wrap, sweatshirt or another way to stay warm on the plane and in cold airports

prescription medications you need to take in the hotel, airports or during the flight

Labo Camp (Pack clothing in duffle or other carry-on bag which will be stored in the bus luggage compartment. Bring camera, name cards, sun hat and other items for the bus ride in your day bag)

Your host family can loan you the eating utensils-cup, spoon, fork, ohashi/chopsticks- you will need to bring, a plastic sheet to sit on, a washcloth and towel, lunch for the bus ride to camp, and may even be able to help with other items. Ask your host mother to check what you have packed, so she can see what you still need to bring. Also, look at your Labo Camp book and the materials you receive at Tokyo orientation.

a towel (borrow from your host or Labo may give you one at orientation in Tokyo)

4-H t-shirts

water bottle

any medications or personal care items

spare eyeglasses and/or contact lenses

photo album

map of Alaska

pen or pencil

notepad or paper

dictionary or phrasebook

flashlight

money for the bazaar and camp store

name cards

sun hat--REQUIRED

sunscreen

sunglasses

socks

underwear

light jacket or sweatshirt

pants

t-shirts-including your 4-H shirts

PJ's

items for bazaar

any items you want to give the other kids in your lodge (about 35), the 3-4 lodge mothers, the 3 Senior Mate lodge leaders

camera, battery, charger, etc.

hiking clothes if you plan on going on the mountain hike-backpack, long pants, long-sleeved shirt, rain poncho or raincoat and rain pants, leather hiking boots, thick socks
toothbrush and toothpaste
hair care items
snacks, if you feel like you might need some on the bus. Plan to share.
copy of Labo Theme Activity
soap and shampoo
journal