

One Woman, One Carry-on Suitcase, One Handbag for One Month in Japan

The Guidelines: Choose favourite, comfortable clothes that layer, suit your needs/climate/activities & wash well. All pieces must match, work with all other pieces & take on several roles. (Yoga pants for exercise, lounging, sleep.)

- Take only 3 bottoms, 8 tops, 2 pair comfortable walking shoes & pyjamas.
- Limit socks, stockings, underwear & accessories
- Carry mini-toiletries, travel-sized everything & a few handy meds.
- I did not take a laptop or iPad as the hotel chain I used provided computers in the lobby.

Items to Wear During the Flight

1 Coat (Top store overhead)	1 Bottom	1 Handbag
1 Camisole/Tank (Top)	1 Pair Shoes	Personal Jewellery
1 Top	1 Pair Compression Socks	Underwear

In Handbag—at your fingertips during your flight

Passport	Jewellery (minimal)	Sunglasses/eyeglasses & cases
Tickets & Vouchers	Emergency Contact Info	Business Cards
Phone & camera	Insurance Policy & Card	Dark table napkin
Cosmetic case	Wallet & Coin purse	Tissue
Journal/Guidebook/Maps/Pen	Inflatable neck roll & eye mask	Hand sanitizing wipes

Japanese restaurants do not provide table napkins. Carrying one saves on laundry should small mishaps occur while dining. Not all Japanese washrooms provide toilet paper or hand towels. **ALWAYS** carry tissue and hand-sanitizing wipes in Japan.

In cosmetic case

Emery board	Lozenges	Mini Mirror
Make-up	Blotting tissue	Unscented hand cream
Gum & Jetlag tablets	Toothpicks	Eye drops

Nail clippers, scissors & other items prohibited in carry-on luggage can be mailed to your first destination hotel in advance of arrival. Bring an envelope in which to mail them back at the end of your stay

Items to Pack in 1 Carry-on Case

2 Bottoms	1 Yoga pants & T/pyjamas	Pocket Translator
4 Tops	1 Litre bag Toiletries	Mini Flashlight
1 Camisole/Tank (Top)	1 Litre bag Medications	Shoe cleaner
1 Compression Socks	Thermal underwear	Camera charger
2 Opaque tights	Underwear & Swimsuit	Nylon duffel bag
3 Scarves	Memory card & battery	Folding Tote bag
1 Belt	Compact Umbrella	Lint remover
1 Pair shoes/boots	Mini hair dryer	Chalk stain remover stick
1 Pair gloves	Travel Alarm clock	Hand sanitizing wipes

Use bags for trips to the gym, bath, shopping or toting extras on day trips. The duffel can be used as a checked bag on your return, if needed. Essential in late fall, winter, and spring if staying in locations without central heating. It's wise to take one ultra-warm sweater or down vest which fits under the coat.

Regulation-Sized Toiletries in 1L Zipped Plastic Bag

Shampoo & Conditioner	Skin cleanser & moisturizer	Lens cleaner & cotton swabs
Styling Gel & Hairspray	Toothpaste & Dental floss	Deodorant & perfume

Medications in foil packs removed from their boxes in Zipped Plastic Bag

Thermometer	Allergy tablets	Antacids
Prescriptions & Painkillers	Cold and Flu medication	Plasters

RED ALERT: Some medications—including prescriptions—are prohibited in Japan. Check Consular websites for up-to-date information and follow their instructions. Prescription meds should be in their original containers and labelled; however, pharmacists can provide their smallest containers & properly label them.

Honestly—except for shoes, underwear, scarves, plus the pyjamas & sweater I've got on—that's all.

