

JAPAN CHECKLIST

BEFORE YOU GO

Tickets, money, passport! Your essential Japan to-do list and packing list.

To do

- Passport:** Is it up to date?
- Entry requirements:** Will your passport remain valid during your stay? Will you be earning any money in Japan? Do you have any criminal convictions?
- Vaccinations:** Have you checked whether you need any vaccinations?
- Travel insurance:** Are you covered?
- Safety:** Have you registered your travel plans with [smartraveller.gov.au](https://www.smartraveller.gov.au) and checked the latest safety advice on the region you're travelling to?
- Money:** Have you told your bank you're going overseas, and do you know how you'll be paying for things in Japan?
- Booking:** Have you booked accommodation for at least the first night?
- Transport:** Do you know how you'll get from the airport to your accommodation?
- Getting around:** Do you know how you'll get around Japan, and do you need to pre-book any tickets? (**Tip:** Rail passes must be bought before you arrive.)
- Driving:** If you're planning to drive in Japan, do you have an International Driving Permit? Is driving covered by your insurance? Are you familiar with the road rules?
- Phone:** Do you know if your phone will work in Japan? Have you switched off data roaming and voicemail? If you're planning to use a local SIM, is your phone unlocked?
- Apps:** Have you downloaded offline maps, travel apps or the [CHOICE Japan travel guide](#) onto your mobile?
- Medication:** Have you checked that your medication is legal in Japan?

To pack

- [Tickets](#)
- [Money](#) (cash and cards)
- [Passport](#)
- A copy of your [travel insurance](#) details
- A list of [emergency contacts](#) at home and in Japan
- Your hotel address written in Japanese (and any other important information such as food allergies)
- Chargers and a power [adapter](#)
- Any regular medication (see note below)

IMPORTANT:

There are restrictions on bringing some medications into Japan, including codeine and pseudoephedrine, which are considered illegal drugs. If you're planning to travel with medication, check first with the [Japanese Embassy](#).



Tip: No matter where you travel, you should carry all medications (even vitamins) in their original packaging, along with their original prescription. It's also a good idea to carry a letter from your doctor explaining what the medications are (using generic names) and what they're for.