



JAPAN

KNOW BEFORE YOU GO



PASSPORT & VISA

All American and Canadian citizens must have a passport which is valid for at least 3 months after your return date. No visa is required for stays up to 90 days.



IMMUNIZATIONS

While no immunizations are required, you should consult your medical provider for the most current advice. See Travelers Handbook for more information.



ELECTRICITY

Electricity in Japan is 100 volts AC, close to the U.S., which is 120 volts. A voltage converter and a plug adapter are NOT required. Reduced power and total blackouts may occur sometimes.



TIME ZONE

Japan is 13 hours ahead of Eastern Standard Time in our summer. Japan does not observe Daylight Saving Time and the country uses one time zone.



CURRENCY

The Official currency of Japan is the Yen (typically in banknotes of 1,000, 5,000, and 10,000). Although cash is the preferred method of payment, credit cards are accepted at hotels and restaurants. Airports are best for exchanging currency.



SOUVENIRS

Typical Japanese souvenirs are a Kimono or Yukata (light, cotton summer Kimono), Geta (traditional footwear), hand fans, Wagasa (traditional umbrella), paper lanterns, and Ukiyo-e prints. We do not recommend buying knives or other weapons as they can cause massive delays at airports.



WATER

The tap water is treated and is safe to drink. There are no issues with washing and brushing your teeth in hotels. However, bottled water is provided throughout.



WiFi

WiFi is readily available at the hotels and often on the high speed trains and railways.



SPECIAL MEDICAL CONSIDERATIONS

Japan has strict rules about taking prescription drugs and medication into the country. Even some cold remedies are not permitted. Any medication containing pseudoephedrine (ie, Sudafed, Claritin-D) is not permitted as this is a banned substance in Japan. Stimulant drugs including methamphetamines and amphetamines and some prescription medications, such as Adderall and Codeine, are also banned.



**Thomson Family
Adventures**

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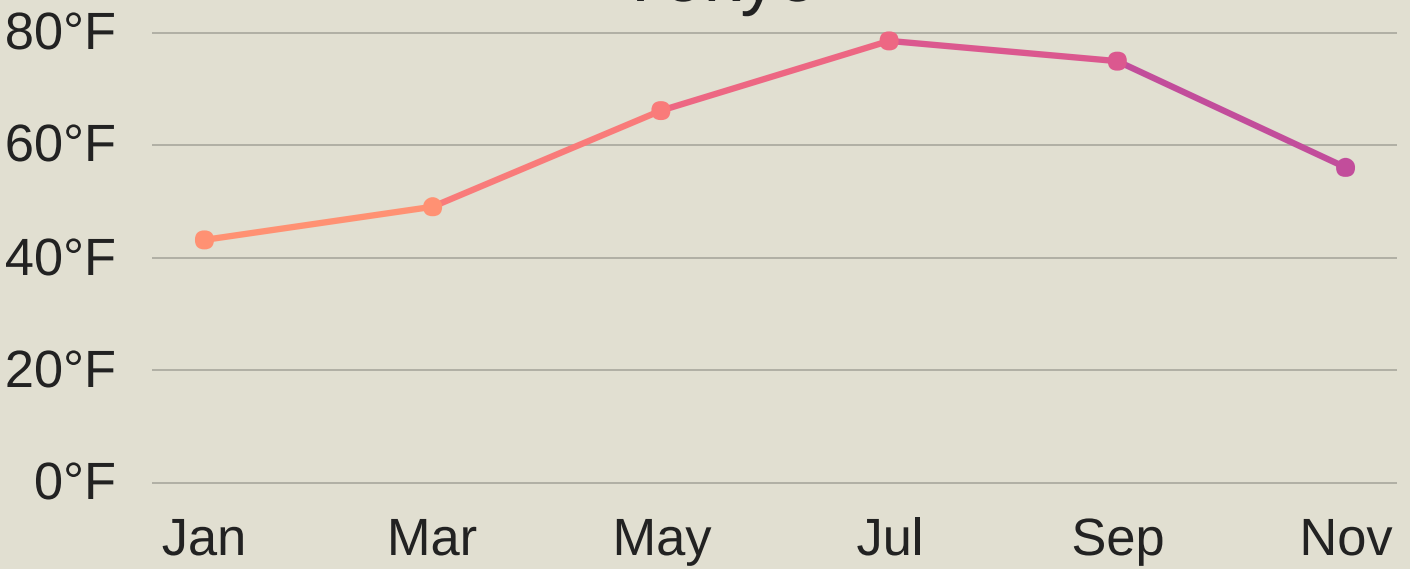


CLIMATE

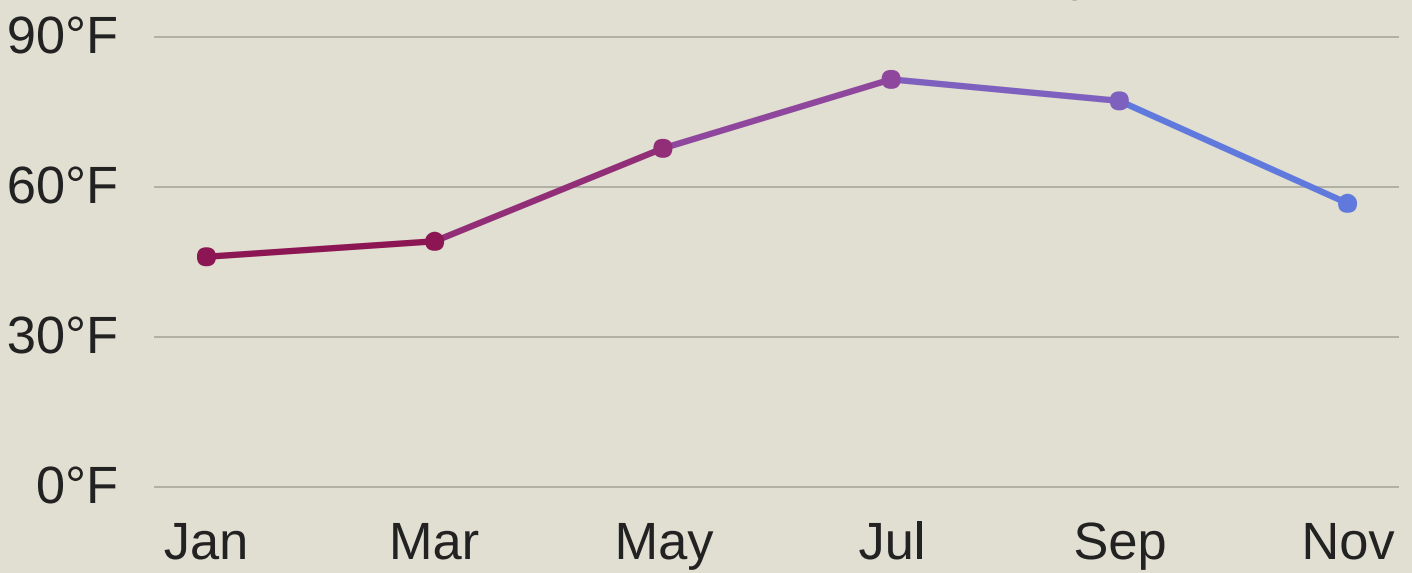
The weather in Japan varies greatly depending on the season. In the summer months (June, July, and August) it is very warm and humid. Please note that early June through mid-July is considered the rainy season.

AVERAGE TEMPERATURE

Tokyo

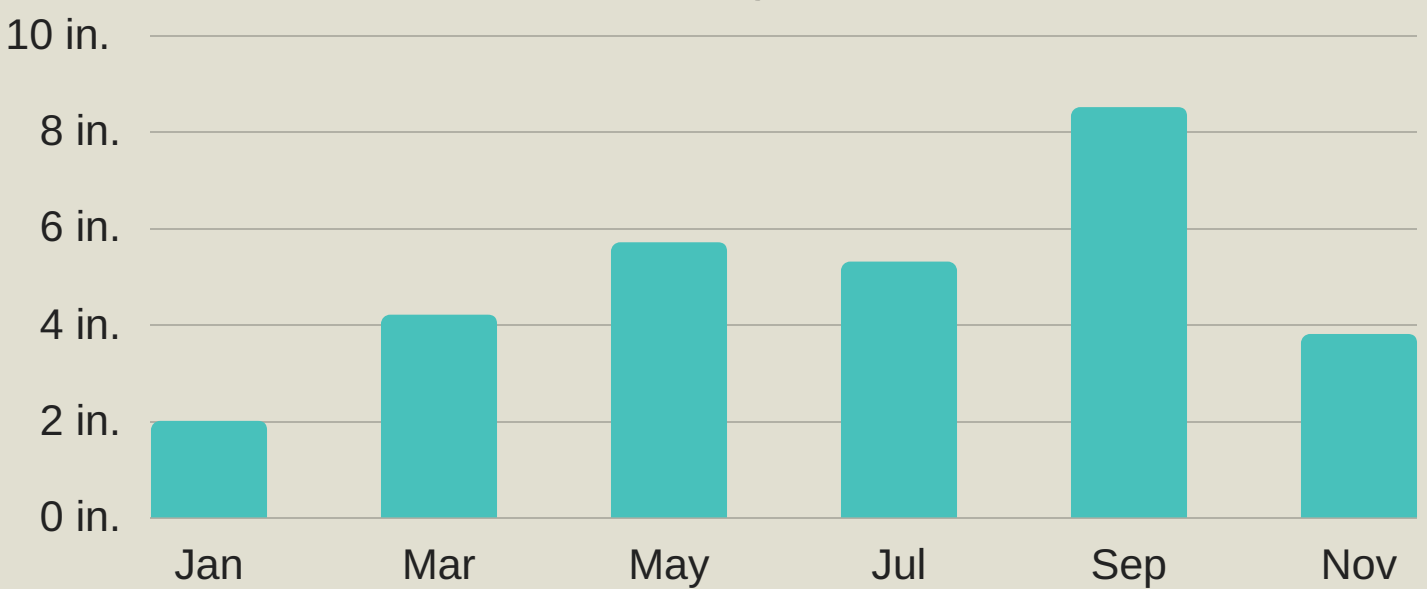


Osaka / Kii Peninsula / Kyoto

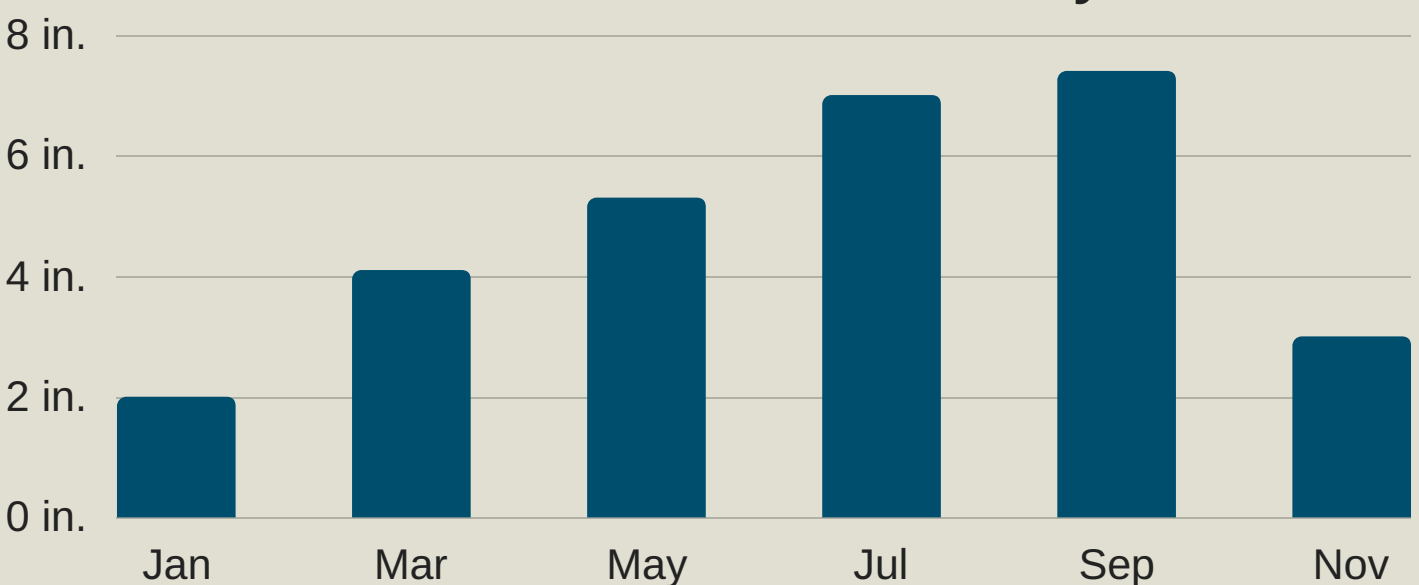


AVERAGE RAINFALL

Tokyo



Osaka / Kii Peninsula / Kyoto



MUST HAVE

Packing Essentials



FOOTWEAR

- Comfortable walking shoes
- Casual shoes or sandals

OUTERWEAR

- Light-weight Fleece Jacket
- Wind & Waterproof Jacket



ACCESSORIES

- Sunglasses & Wide Brimmed Hat
- Waterbottle
- Camera

LUGGAGE

- Daypack/Backpack (waterproof recommended)
- Duffel bag or soft-sided suitcase



APPAREL

- Lightweight Long Pants (convertible are best)
- Long-Sleeved Shirts
- Quick Dry T-Shirts/Athletic Wear
- Sleepwear
- Underwear and socks
- Sports Bras (for athletic activities)
- Swimsuit
- Skirt, dress or nice pants (optional for evenings)

PERSONAL ITEMS

- Sunscreen
- Toiletry kit (shampoo, toothbrush, etc.)
- Hand Sanitizer
- Tissues
- Medications / First Aid Kit
- Plastic bags, Zip-lock
- Anti-diarrheal (Pepto, Imodium)
- Aspirin, Ibuprofen. etc.
- Chargers (phone, camera)

List of prohibited drugs:

<http://www.mhlw.go.jp/english/policy/health-medical/pharmaceuticals/01.html>

DON'T FORGET...



REMOVE JEWELRY



Don't bring anything expensive or irreplaceable.

TRAVEL DOCUMENTS



Passport
Itinerary
Emergency contact info

CELL PHONE



Turn off roaming
Check for international rates/plans

SPEAK UP



Don't wait until you get home. If you have any problems on the trip regarding accommodations, meals, activities, etc. speak to your guide or contact TFA.

FOOD



If your child is not an adventurous eater, we recommend that you bring some of their favorite snacks from home, such as peanut butter or trail mix. Note: Almost all meals contain miso or soy, which have gluten and fish stock.

CASH & CREDIT CARDS



Always contact your bank before traveling

LANGUAGE

Hi!

Hey!

ENGLISH

Hello
Nice to meet you
Please
Thank You
What's your name?
My name is...
How much is this?

Konnichiwa
Yoroshiku
Onegai shimasu
Arigatoo gozaimasu
O-namae wa nan desu ka?
Watashi no namae wa __desu
Ikura desuka?

JAPANESE