

Japan First-Time Travel Checklist

Decide the shape of your trip

- Confirm your dates for Japan; keep one backup date if possible.
- Make a realistic 10-day route, including arrival and departure time.
- Pick your two must-do experiences and leave some free time.
- Check holidays, weekly closures and major local events.
- Review typical seasonal conditions and daylight hours before fixing outdoor plans.
- Agree on a per-person budget covering transport, stay, food, activities and contingency.

Book and verify

- Compare the final price and total travel time from your origin to Japan.
- Use the exact ID or passport name on every transport booking.
- Check cancellation and refund rules before paying.
- Confirm stay dates, room type, taxes and check-in time.
- Check the neighbourhood after dark, access to transport and distance from key plans.
- Pre-book only capacity-limited activities; leave ordinary sightseeing flexible.

Documents and money

- Check every travellers government ID or passport before booking.
- Save offline copies of IDs, tickets, insurance and bookings.
- Carry a paper copy of emergency contacts and the first stay address.

Japan First-Time Travel Checklist - continued

Documents and money

- Keep a backup payment method separate from your main wallet.
- Carry two payment methods separately and only a sensible amount of cash.
- Check ATM, card conversion and dynamic currency conversion charges.

Health, safety and communication

- Check current health and weather advice for the destination.
- Pack prescription medicines in original packaging, with extra for delays.
- Carry a small first-aid kit suited to your activities.
- Save local emergency numbers, a nearby clinic and the insurance helpline.
- Share the itinerary, accommodation and check-in plan with a trusted contact.
- Download offline maps and pin accommodation, transport points and medical help.

Pack for the actual itinerary

- Choose clothing by day and activity; remove duplicate just in case items.
- Pack comfortable footwear you have already worn.
- Carry suitable protection from sun, rain or cold.
- Keep medicines, documents, valuables and one change of clothes in hand baggage.
- Label luggage inside and outside without displaying a home address.
- Pack chargers, power bank and the correct electrical adapter.

Japan First-Time Travel Checklist - continued

Transport-day checks

- Recheck station name, platform guidance, coach and boarding point.
- Carry food and water appropriate to journey length and onboard availability.
- Keep luggage locks and essential items accessible without blocking aisles.
- Set an alarm before the destination and track major delay updates.

Traveller-specific preparation

- Agree on trip pace, shared budget and individual must-do activities.
- Keep copies of bookings accessible to both travellers.
- Plan some independent time instead of making every activity compulsory.

Final 24-hour check

- Recheck live transport status, weather alerts and provider messages.
- Charge devices and power banks; download tickets, maps and entertainment.
- Confirm documents, medicines, wallet, keys and essential hand baggage.
- Share final departure and arrival details with the chosen contact.
- Check windows, appliances, deliveries and home security before leaving.
- Leave enough time to travel calmly rather than depending on a perfect journey.