

## What to bring when you come to Japan - in no particular order.

1. Pictures from home



2. Special knickknacks from home for your apartment, anything that would make your new place more 'homey'

3. Electric blanket (Japanese apartments are not heated in the winter!).

4. Some US medications are available here but are expensive. If you know one specific brand works best for you, you may want to bring it. Some OTC meds are available here but if you bring them from home you'll be able to read the labels.

Also, find out how to get refills with your insurance (e.g., will a druggist mail it to you here in Japan? If not, will he mail it to a family member or friend who can then mail it to you?).

Meds here may be different from what you take at home; plus, you would have to see a doctor here to get a prescription filled in a Japanese pharmacy.



5. Deodorant

6. Shampoo is available but if you need a special kind, bring it

7. For women - larger size pantyhose and undergarments as these may not be available here.

8.  Shoes! Comfortable for walking (we do more walking here). Slip-ons are more convenient--we keep our shoes on here at school but take them off before entering homes and some churches and restaurants. Larger size shoes, especially for men, are difficult to find.

9. It rains here (we have two rainy seasons), so bring shoes/boots for those occasions.

10. Music / message cassettes or CDs.

11. Many UK/USA food items are now available here but if there are things you absolutely can't live without during your term of service here, you may want to bring them.

12. Cotton clothes feel comfortable in the hot and humid Japanese summers.

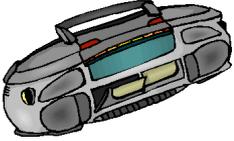
13. Greeting cards for various occasions. Japanese are not normally card-giving people so very few "occasion" cards are available.

14. If you have children, bring their favorite toys.

15. Bring Christmas decorations (we have few Christian Christmas decors).

16. Blow dryers will work here, but will run slower.
17. We have four distinct seasons - our winters are more mild than in the Midwest in the States, but you still need a good winter jacket/coat and gloves. Tokyo does not normally get much snow.
18. If in doubt, please ask!

### **WHAT NOT TO BRING...**

- A. Electric clock (battery-operated only) and anything electrical that contains a clock.
- B. TV (TVs will work here if set on the “cable input” setting, not “broadcast.”)
- C.  Radio (frequencies are different here)
- D. VCR (videos will work here if set on the “cable input” setting, not “broadcast.”)
- E. Passport/visa-size photos. Plenty of machines here that will do the trick nicely.
- F. We have a good library here at school with good books, three local English newspapers, and several well-known magazines, both Christian and secular.
- G. Business cards can be printed here at school. Please do not do your own.
- H. Sleeveless blouses/dresses are usually not worn by the Japanese ladies; some non-Japanese women wear them around campus, however. Same with shorts--shorts are worn for hiking and tramping, however.