



TRAVEL PACKING CHECKLIST

Destination	Tokyo, Japan
Dates	October 12–22, 2026
Weather	15–22°C, partly cloudy, light rain possible
Trip type	Leisure & city exploration



Documents & Essentials

- | | |
|---|---|
| ☐ Passport (6+ months validity) | ☐ Emergency contact card |
| ☐ Visa / entry documents | ☐ Credit & debit cards |
| ☐ Flight tickets & boarding passes | ☐ Local currency (Yen) |
| ☐ Hotel reservation confirmations | ☐ Driver's license |
| ☐ Travel insurance policy | ☐ Photocopies of key documents |



Clothing

Tops

- ☐ T-shirts (×4)
- ☐ Long-sleeve shirts (×2)
- ☐ Lightweight sweater / cardigan
- ☐ Casual button-down shirt

Bottoms

- ☐ Jeans (×2)
- ☐ Comfortable trousers / chinos
- ☐ Shorts (×1)

Outerwear & Shoes

- ☐ Light waterproof jacket
- ☐ Walking shoes / sneakers
- ☐ Casual shoes

Undergarments & Accessories

- ☐ Underwear (×7)
- ☐ Socks (×7)
- ☐ Sleepwear
- ☐ Belt
- ☐ Lightweight scarf
- ☐ Watch / jewellery (minimal)



Toiletries & Personal Care

- ☐ Toothbrush & toothpaste
- ☐ Shampoo & conditioner
- ☐ Body wash / soap
- ☐ Deodorant
- ☐ Face wash & moisturiser
- ☐ Razor & shaving cream
- ☐ Hairbrush / comb

- ☐ Hair styling products
- ☐ Sunscreen (SPF 30+)
- ☐ Lip balm
- ☐ Contact lenses & solution
- ☐ Makeup & remover wipes
- ☐ Feminine hygiene products
- ☐ Nail clippers & tweezers

Electronics & Gadgets

- ☐ Smartphone & charging cable
- ☐ Laptop / tablet & charger
- ☐ Universal travel adapter
- ☐ Portable power bank

- ☐ Noise-cancelling headphones
- ☐ Camera & spare memory cards
- ☐ E-reader / Kindle
- ☐ USB-C, Lightning & micro-USB cables

Health & Safety

- ☐ Prescription medications
- ☐ Pain relievers (ibuprofen, paracetamol)
- ☐ First-aid kit (plasters, antiseptic)
- ☐ Hand sanitiser

- ☐ Motion sickness pills
- ☐ Allergy / antihistamine tablets
- ☐ Insect repellent
- ☐ Face masks (×5)

Weather-Based Add-ons

Tick the forecast(s) that apply to your trip:

Hot & Sunny Weather

- ☐ Extra sunscreen (SPF 50+)
- ☐ Wide-brimmed sun hat
- ☐ Polarised sunglasses
- ☐ Lightweight, breathable tops

Rainy Weather

- ☐ Rain jacket / waterproof shell
- ☐ Compact travel umbrella
- ☐ Waterproof shoes / boots
- ☐ Quick-dry clothing
- ☐ Waterproof pouch for electronics

Cold Weather

- ☐ Thermal base layers (top & bottom)
- ☐ Warm gloves & beanie
- ☐ Insulated jacket / coat
- ☐ Wool-blend socks

Beach Trip

- ☐ Swimsuit (×2)
- ☐ Beach towel
- ☐ Flip-flops / sandals
- ☐ Snorkel & mask
- ☐ Waterproof phone pouch

Miscellaneous

- | | |
|---|--|
| ☐ Reusable water bottle | ☐ Guidebook / offline maps |
| ☐ Travel pillow | ☐ Journal & pen |
| ☐ Eye mask & earplugs | ☐ Foldable daypack |
| ☐ Snacks for the journey | ☐ Zip-lock bags (various sizes) |
| ☐ Laundry bag | ☐ Reusable shopping tote |
| ☐ Padlock (for hostel lockers) | ☐ Travel cutlery set |

Pre-Departure Checks

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|--|---|
| ☐ Check passport expiry date | ☐ Notify bank of travel plans |
| ☐ Print & scan all documents | ☐ Set up international roaming |
| ☐ Download offline maps | ☐ Arrange pet / plant care |
| ☐ Check in online for flight | ☐ Empty bins & fridge |
| ☐ Confirm accommodation details | ☐ Lock doors & windows |
| ☐ Share itinerary with family | ☐ Set out-of-office email |

Happy travels!