

## Your Packing List

These lists are just a place to start. You will want to make your own individual packing list. You can start now, making notes of items that you want to bring, as you think of them. Your handbook will have packing information and your host family may also ask you to bring certain items. There are also items which are specific to you, what you want and need to bring for a month in Japan.

You will need lists (for going to Japan AND for coming back) for your big suitcase, your carry-on and any smaller bag you choose to bring, and a packing list for Labo Camp. You can write these lists in your journal, or on separate pieces of paper.

Here are some things to think about when writing your lists:

1. While you are still at home in Alaska, pay attention to the items you use. This will help you remember the small items, such as fingernail clippers or your preferred over-the-counter medications.
2. Try to bring items you can use almost daily, or in more than one situation. A shirt which only goes with only one pair of pants, for example, isn't as useful as one which goes with all your pants.

After you figure out how many clothes you want to bring, you can subtract the change of clothes you put in your carry-on bag and the clothes that you are wearing from the list of clothes you'll put in your main suitcase. Two of your shirts will be your 4-H t-shirts, which you are required to wear on travel days and at Labo Camp. Remember to follow the dress code-no shorts or skirts that are much above knee level, no tank tops, revealing shirts or clothing advertising drinking, smoking, etc. You don't have to dress like you are going to church; most Japanese youth wear t-shirts. Just make sure that you look nice enough to visit a museum or temple. A delegate who wears baggy, sloppy or torn clothing, backwards hats, flip flops and too-short shorts won't be taken places by their host family because they aren't dressed well enough to take to shrines, restaurants, etc. You are living in Japan, not in "vacation mode". If you have a question about clothes, feel free to ask.

Here are some possible items for your lists.....

**Suitcase Put one of the 4-H supplied luggage tags on your big bag**

photocopy of your passport  
your packing lists, if they are not in your journal  
name cards  
photo album  
map of Alaska  
gifts for your host family  
gifts for Labo Party  
book to read at Labo Party and then give to Labo Tutor  
items for Labo Camp Bazaar  
things to show host family and friends



**Carry-On Put one of the supplied 4-H luggage tags on this bag**

(This list would include items for overnight in Tokyo, both when you arrive and when you leave Japan, when you will have no access to your large suitcase. Your suitcase will be shipped directly from the airport to your host family while you overnight in Tokyo. The suitcase will be picked up at your host home a few days before you leave Japan and you will again overnight in Tokyo without it.)

Wear one of the 4-H t-shirts and carry the second one in this bag. You must wear these when traveling to and from your host family and your home in Alaska.

your USA cell phone if you plan to use it. (access) (1) 2 (4 0024 132.255513.0011)

Also in Carry-On or in Smaller Bag or purse (label with your name and address) or carry on your person (around your neck, etc.) You may receive a passport holder from 4-

**Labo Camp** (Pack clothing in duffle or other carry-on bag which will be stored in the bus luggage compartment. Bring camera, name cards, sun hat and other items for the bus ride in your day bag)

Your host family can loan you the eating utensils-cup, spoon, fork, ohashi/chopsticks- you will need to bring, a plastic sheet to sit on, a washcloth and towel, lunch for the bus ride to camp, and may even be able to help with other items. Ask your host mother to check what you have packed, so she can see what you still need to bring. Also, look at your Labo Camp book and the materials you receive at Tokyo orientation.

a towel (borrow from your host or Labo may give you one at orientation in Tokyo)

4-H t-shirts

water bottle

any medications or personal care items

spare eyeglasses and/or contact lenses

photo album

map of Alaska

pen or pencil

notepad or paper

dictionary or phrasebook

flashlight

money for the bazaar and camp store

name cards

sun hat--**REQUIRED**

sunscreen

sunglasses

socks

underwear

light jacket or sweatshirt

pants

t-shirts-including your 4-H shirts

PJ's

items for bazaar

any items you want to give the other kids in your lodge (about 35), the 3-4 lodge mothers, the 3 Senior Mate lodge leaders

camera, battery, charger, etc.

hiking clothes if you plan on going