

## Preparing To Go

### PASSPORTS:

For information on how to get a U.S. passport go to: [http://travel.state.gov/passport/passport\\_1738.html](http://travel.state.gov/passport/passport_1738.html)

If you already have a passport, check the date your passport expires. You want to be sure that your passport will be valid for the duration of your time in Japan.

Make 2 copies of your passport. Give one copy to your team leader and keep the other copy in your luggage in a different place from your actual passport.

Fees for adult passport book is approximately \$135 and will take 4-6 weeks to process. Expedited service is available.

Always carry your passport with you while in Japan.

NOTE: For overseas help with a lost or stolen passport, contact the nearest U.S. Embassy or Consulate.

### VISAS:

Those who are staying in Japan for more than 90 days need to get a visa. If you are serving with a church/organization, they should be able to provide you with a certificate of eligibility which will help the visa process go smoothly. You will also need an Alien Registration Card.

Americans now in the U.S. should contact the Japanese Embassy, or one of its Consulates in the U.S. for visa information.

Locate the Japanese Consulate nearest your home.

[http://www.la.us.emb-japan.go.jp/e\\_web/e\\_m01\\_05.htm](http://www.la.us.emb-japan.go.jp/e_web/e_m01_05.htm)

General link for Japan Consulate in Los Angeles

<http://www.la.us.emb-japan.go.jp/>

Link for obtaining Japan Visa

[http://www.la.us.emb-japan.go.jp/e\\_web/e\\_m02\\_06\\_01.htm](http://www.la.us.emb-japan.go.jp/e_web/e_m02_06_01.htm)

What you need to obtain a visa:

1. Valid passport
2. Visa Application Form to Enter Japan (Form 1-C) Download from website.
3. One two-inch-by-two-inch photo
4. Original certificate of eligibility and one photo copy of the certificate.

Link regarding certificate of eligibility

[http://www.la.us.emb-japan.go.jp/e\\_web/e\\_m02\\_06\\_05.htm](http://www.la.us.emb-japan.go.jp/e_web/e_m02_06_05.htm)

Requirements regarding religious visa

[http://www.mofa.go.jp/j\\_info/visit/visa/long/visa1.html](http://www.mofa.go.jp/j_info/visit/visa/long/visa1.html)

Sample Certificate of Eligibility

<http://www.moj.go.jp/ONLINE/IMMIGRATION/16-1-13.pdf>

## **STEP (Smart Traveler Enrollment Program)**

American citizens who will be serving on longer in Japan may want to register with the United States Embassy in Japan.

Go to: <http://japan.usembassy.gov/>

Click on U.S. Citizen Services

Click on Registration

Click on Smart Traveler Enrollment Program (STEP)

Read about the STEP and sign up online from the State Department website.

Check out other service offered by the Embassy. A key one to know: In case of Emergency

If you are an American citizen with an after-hours emergency, you may contact the Embassy or Consulate nearest you.

In your case it's:

U.S. Embassy Tokyo

Tel (03) 3224-5000 / DSN 224-5000 Switchboard

1-10-5 Akasaka

Minato-ku, Tokyo 107-8420

# PACKING FOR JAPAN

## Things to remember:

1. Pack light!! Chances are you will have to carry what you pack...up and down stairs.
2. Try to keep luggage to a minimum. Keep in mind things are compact in Japan...the small cars used to transport the team and the room where you will stay.
3. Tightly secure any items that could come open while traveling. It may be a good idea to put liquids, lotions and anything else that could spill, in to a Ziploc bag.
4. Find out if you will be able to do laundry (at the coin laundry). You won't need to take as much clothing.
5. You may need to pack a change of clothes and your toiletries in a backpack or carry-on luggage. Your main luggage may be delivered to the church or your location the day after you arrive in Japan.

## I. LUGGAGE

### A. LUGGAGE ALLOWANCES (for Korean Airlines as of 5/11):

On international flights, each person is allowed TWO CHECKED BAGS. The sum of the dimensions of each bag must not exceed 62 in. and each bag may not exceed 50 pounds in weight. You may also take ONE CARRY-ON BAG which must not exceed a total of 45 inches and not weigh more than 26 lbs., and one personal piece (laptop, briefcase or handbag). Check your specific airlines baggage allowance info. Some info may differ.

NOTE: In order to take supplies to Japan, team members are often asked to take only one checked bag for personal use and to use the second checked bag allowance for supplies.

### B. TYPES OF LUGGAGE:

1. Soft-sided suitcases are generally light weight. Try to use light-weight suitcases. Large, bulky, heavy suitcases are difficult to carry on and off the train and up and down stairs.
2. Backpacks are handy for day or weekend trips.
3. Wheels: If you have access to suitcase or backpack with wheels, you'll find them to be an asset in Japan.

## II. CLOTHING

In order to take fewer items, it would help to pack as if you were going to be away for just one week (assuming you will be able to do laundry once a week). Select clothes that dry quickly in case you have to hand wash and air dry. Take clothes which are color coordinated. Try to mix and match to get the most out of least number of pieces.

## A. CLIMATE

Consider the climate of where you will be going to in Japan. Summers are usually hot and humid, but the mountain areas can be cool, so you may want to pack a light sweater or jacket. Mid-July is the rainy season so you'll want to pack a small umbrella or poncho.

## B. MINISTRY ATTIRE: Clean, neat and modest. No frayed jeans or jeans with holes in them.

1. **WOMEN:** No spaghetti straps or midriff tops. Your midriff, belly & backside should be covered at all times in all positions. No low rider hip hugger jeans, mini skirts, short shorts, tight clothing, or blouses with deep plunging necklines. Shorts that are at least knee length are preferred.
2. **MEN:** No saggy, sloppy jeans, pants, or grunge clothing.
3. For worship service at church  
**MEN:** Collared shirt and long pants are recommended.  
**WOMEN:** Modest summer dress or skirt, or nice pants are ok.  
You'll want to check with your team leader what is the appropriate dress at the particular church you will be at.
4. Street clothes & work clothes
  - a. Be sensitive to the Christian community which you are serving and be observant of the clothes they are wearing. Some churches are very conservative while others are not. It is better to err on the side of conservatism.
  - b. Shorts should be at least knee length.
  - c. Shorts are becoming more popular in Japan, but check with your pastor or host family as to what is appropriate around town.
5. Shoes
  - a. Take cool, comfortable walking shoes. You will probably walk more than you have been accustomed to.
  - b. **SLIP-ON SHOES ARE HIGHLY RECOMMENDED** because you will be taking your shoes off whenever you enter a Japanese home or church. They also help you move quickly through the security line at the airport.
  - c. Be aware of tight-fitting shoes. Many people find that their feet swell due to the heat and that their shoes become too tight. If you plan to buy new shoes before you go, be sure to break them in for a few weeks before departure.
  - d. You will not need to have a pair of dress shoes for church. You will wear indoor slippers to the Sunday morning worship service.

### III. MEDICATION

- A. Take a sufficient supply of any prescribed medication you are taking. You may want to bring them in their original containers or get a duplicate prescription from your doctor.
  
- B. Put together a little first-aid kit. Include small amounts of medication needed for headaches, allergy, itching, colds, Band-aids, Neosporin, Pepto Bismol, and a laxative. Not always easy to find comparable products and may be more expensive.
  
- C. Mosquito repellent and treatment for insect bites. There may be many mosquitoes during the summer.

#### PACKING CHECKLIST:

##### General Travel Needs

- Airline ticket/e-ticket
- Passport
- Passport holder (worn around your neck) optional but very handy for holding all your important documents in one convenient place
- Prescription medication and over-the-counter medication you may need for headache, allergy, itching, colds, and Band-aids etc. Mosquito repellent and ointment. Vitamins. Not always easy to find comparable product & may be more expensive.
- Personal spending money (you will be able to convert your dollars to yen at the airport in Japan, or if your bank is able, you may change your money before you leave. Bring at least \$100 in cash for emergencies. Travelers' checks are
- Credit/Debit card (Visa, Mastercard, American Express, Plus, Maestro, Cirrus, and JCB) for emergencies or gifts.
  - ◆Make sure your credit or debit card can be used abroad
  - ◆Inquire what fees & daily and/or monthly limits are associated with international withdrawals
  - ◆Notify your bank that you are going to use your card overseas, since many banks will block a card which is suddenly used abroad, suspecting fraud.
- Travel umbrella or poncho
- Purse size tissue or small washcloth to dry hands or wipe sweat (Sometimes there are no napkins in restaurants or toilet paper in public restrooms. You don't need to go overboard with this. Tissue is available in Japan and is often given away on the streets as advertisement.)
- Camera (optional) + extra camera battery or charger
- Small gifts for host family and others (include gift wrap or gift bags)
- English/Japanese dictionary (optional)
- Photos of your family, home and etc. to share with host family & others you meet
- Mini flashlight
- Bible, journal/small notebook, pen
- Address of supporters
- Electric shaver, hair dryer (Voltage in Japan is 100v compared to 110v in America.)  
Adapters are not necessary for your electrical appliances. Some sensitive equipment may not work properly or even get damaged. Shavers and dryers should be ok.
- Travel alarm clock
- Extra collapsible bag/suitcase (optional)
- Travel sewing kit (thread, needle, extra buttons, safety pins)

For Women (Summer):

Clothes:

- Lightweight sweater or jacket
- 1 long sleeved blouse
- 4-6 short sleeved tops
- 2-3 skirts
- 2 pants
- 1 jeans
- 2 shorts
- Undergarments
- Socks, 2 panty hose
- Comfortable dress flats or low heels
- Tennis shoes/comfortable walking shoes
- Flip-flops (slippers)
- Hat (for shade in the summer or for warmth in the winter)

Toiletries:

- Soap
- Shampoo & conditioner
- Cosmetics
- Deodorant, body powder
- Sanitary napkins or tampons
- Comb, brush, small mirror
- Toothbrush, toothpaste
- Cosmetics
- Deodorant

For relief work:

- Work boots or rubber boots
- Work gloves or rubber gloves
- mask