

## 【Must-haves for the Journey】

- ☐ Water bottle
- ☐ Individually wrapped snacks
- ☐ A small trash bag (for snack wrappers or tissues)
- ☐ Wet wipes (bring plenty)
- ☐ A change of clothes (1 set)
- ☐ Tablet or smartphone
- ☐ Sticker book

(For those who need them)

- ☐ Diapers (around 3 depending on distance)

## 【Nice-to-have Items on the Go】

- ☐ Wipes for diaper changing
- ☐ Baby carrier

## 【Useful at the Hotel】

- ☐ Familiar pajamas (with the scent of home or parents – helps children sleep better at night and gives you some “me-time” too!)
- ☐ S-hook (to hang bags easily)

(For those who need them)

- ☐ Familiar shampoo and conditioner
- ☐ Extra diapers
- ☐ More wipes
- ☐ Trash bags for used diapers

## 【Emergency Supplies】

- ☐ Fever reducer
- ☐ Thermometer
- ☐ Band-aids
- ☐ Insurance info (health or travel insurance documents)  
*(Bring your travel insurance certificate, or your health insurance card if you're Japan resident)*
- ☐ Cash (some places might not accept cards – just in case!)
- ☐ Most importantly  
A calm and positive mindset for you, the parent  
That's what makes the trip enjoyable.

Wishing you a wonderful family adventure!