

## What should I bring to USA Summer Camp?

**A positive attitude, a cheerful personality, an enthusiasm to teach, an eagerness to learn and . . .**

*Essentials--BEFORE you leave your house, double and triple check to be sure you have these!*

*Do not pack these things in your check-in luggage!*

- passport
- airline tickets
- \$300-500 in traveler's checks (\$50's and \$100's)
- \$50 (¥6,000) minimum in cash
- copies of documents
- credit card (if you have one)
- driver's license & second ID card
- overseas health insurance card
- money belt/pouch
- itinerary
- host family gift

**Clothing**--Summer in Japan is hot & humid, and campwear is very casual (shorts & t-shirts), but avoid clothing that may cause campers difficulty in concentrating on their studies! There are washing machines at most of the camp facilities, but it is best to plan on a 6-day change of clothes.

- 1 pair dress shoes
- 1 pair walking shoes
- 1 pair indoor sandals (which have never been worn outside)
- 1 pair indoor athletic shoes
- 1 pair jeans
- 3 pair shorts
- 7 pair socks
- 3 t-shirts plus 4 other shirts (should match jeans/shorts/dress pants)
- 7 pair underwear
- 1 pair dress pants or a dress
- pajamas
- swimming suit
- rain jacket or fold-up umbrella

### **Other Stuff**

- Teaching materials, including tapes of children's songs and other things you plan to use to teach
- relevant pages from guidebook
- 1 small plastic bag
- alarm clock
- bag for trip home/shopping overseas
- calculator (exchange rates)
- camera/film
- comb or brush
- compass (for guide book directions)
- contacts (extra), saline solution
- deodorant
- aspirin/Ibuprofen/medications/vitamins
- jackknife (not in your carry-on!)
- 2 towels; washcloth
- luggage locks
- pocket dictionary/phrase book
- razor
- sanitary supplies
- shampoo, conditioner packets
- soap w/ box
- sunglasses
- toothbrush/toothpaste
- watch
- gift(s) for host family
- tokens/gifts for your students
- journal
- packets of Oatmeal, Kool-Aid or other "just add water" food if you are a picky eater
- fork, spoon, knife, cup, bowl
- sunblock/sunburn cream
- bug repellent/itch stick
- water bottle
- flashlight
- extra prescription glasses/contacts
- case for bringing stuff to the bathroom

### **Stuff to leave at home...**

- curling iron & other electrical appliances
- jewelry / valuables
- most of what is in your bedroom closet and bathroom

### **What's available for your use at camp?**

white/colored paper  
scissors  
tape

markers  
glue  
balls (for games)

CD/tape player  
copy machine

### **What's Available for Your Personal Use at Camp?**

#### Available

Public Phones  
Shared Bathrooms  
Sheets/blankets/pillows

#### Not Available

Microwave / Kitchen Facility  
In-room telephones

### **Shoes**

As is the Japanese custom, some camp facilities require you to take off your shoes before entering. These facilities usually provide indoor slippers, but Guy Healy, Japan highly recommends that you bring your own slippers or a pair of sandals to be worn indoors only. Also, you will often do activities in the gym, where shoes that are worn outdoors are prohibited, so a clean pair of athletic shoes would be nice. Finally, since you are constantly taking your shoes on and off in Japan, something easy to get in and out of would be best for your everyday use.

### **Homestay**

For the host family stay, bring at least one outfit suitable for a nice occasion, in case the need occurs. You don't need to bring any formal attire, but something that would not embarrass your own mom at a nice restaurant, church, etc.

### **Candy, Stickers, etc.**

Over the years it has been common for counselors to bring extra things for the program. It is not expected/required, but if you want to bring extra items for campers, they will go to good use.

### **Pocket money**

\$300-\$500 is usually enough if you are thrifty, but not if you are thinking of doing lots of shopping. You may want to bring part of your money in traveler's checks, which are redeemable if lost, but also bring some Japanese cash as you will need to get to a bank to cash traveler's checks or exchange U.S. currency. Avoid exchanging money at U.S. airports – their rates are usually terrible! ATM machines are available in the cities for major credit cards.

### **Health Insurance Verification**

If your health insurance does not cover you overseas, you will need a special travel policy. Most clinics here will not bill directly to overseas agencies, so you are likely to need to pay in cash and file the insurance claim when you return. Most fees are reasonable compared to the states and on the chance you need a large amount of cash to cover the fee, Guy Healy Japan can loan the money in lieu of the insurance claim.

### **Electricity**

The voltage in Japan is 100v. Small appliances such as hair dryers and electric razors from America will work fine at that voltage and not require a voltage converter.

### **Prescription Drugs**

If you need to bring more than a one-month supply of any prescription drug:

1. Fax a copy of the prescription to Guy Healy, Japan, the sooner the better: 011-81-92-952-0140
2. Carry the prescription with you.

Guy Healy, Japan will file the paperwork for you and, with luck, that should be all you need to do. However, if you have already filled out paperwork for bringing the drugs, also fax that to their office with your prescription.

Following is a link that describes restrictions on both prescription and over-the-counter drugs. If you have questions, forward them on to Guy Healy, Japan. [www.us.emb-japan.go.jp/faq/livework.htm#9](http://www.us.emb-japan.go.jp/faq/livework.htm#9)