



“GEARING UP TO JAPAN” CHECKLIST

1. WHILE YOU ARE COMING FOR THE ENTRANCE EXAMINATION

- ☒ Organize any necessary meetings to take place on your trip;
- ☐ Obtain any necessary paperwork, USB Pen drive, Universal Adaptor for laptop charging and vaccinations.
- ☐ Familiarize yourself with local business customs common at destination.
- ☐ Confirm appointments, schedules, reservations, etc. (Make sure that you are aware of time difference)
- ☐ Make sure that you have packed your business suit (decent neck tie, formal shoes)
- ☐ Print out hard copies of presentations, agendas, and important documents.

2. WHILE YOU ARE AWAY: PREPARING THE HOME

- ☐ Make sure you visit most of your relatives especially your grandma/grandpa and bless yourself with their wishes.
 - ☐ You use to hang out with your friends but don't lose any opportunity to say “bye” before taking off. Again give priority to your best friend, girlfriend/boyfriend. In case if you are married. I guess you know better than me.
 - ☐ Try to manage one trip to some auspicious/favorite place with your family.
- (Note: This is only one suggestion to you. You are not force to do but as you know it is personal matter. So please handle it in your own way.)

3. PACKING FOR THE TRIP: CLOTHES AND APPAREL

- ☐ Formal uniforms (Formal Trousers, Formal Shirts, Neck tie, Formal Shoes, and other accessories)
- ☐ Casual uniform
- ☐ Swimming suit (Note: It is not mandatory. In case you have interest in swimming, then please pack it).
- ☐ Formal Shoes, Sport Shoes, Sandals/Slippers

4. PACKING FOR THE TRIP: ELECTRONIC ITEM

- ☐ Laptop/Hard disk, USB Mouse/Keyboard
- ☐ A good headphone with mic (Optional).
- ☐ Universal Adaptor.
- ☐ Scientific Calculator
- ☐ Decent wrist watch (Optional)
- ☐ USB Thumb drive

5. PACKING FOR THE TRIP: COOKING UTENSILS

- ☐ Pressure cooker
- ☐ Rolling pin (Optional)
- ☐ Extra gaskets and safety valves

6. PACKING FOR THE TRIP: FOOD ITEMS

- ☐ Ready to eat curry
- ☐ Maggie Packets
- ☐ Your favorite Sweets
- ☐ Your favorite Snack/ Biscuit.
- ☐ Indian Spices
- ☐ Your favorite Pickle
- ☐ Make sure that you have packed all the required spices required for your favorite dish.

Note: Here, It is important that you have packed enough food at least for one week. The first week is very important for your health. Body needs certain level of energy, while adopting the new climate.

7. PACKING FOR THE TRIP: STATIONERY ITEMS AND DOCUMENT LIST

- ☐ Stationery items such as Pen, Pencils, Eraser, and others
- ☐ Phone Book
- ☐ All Documents (Degree, Mark sheets/Transcript, certificates, and other)
- ☐ 25 Passport Size photograph. (In Japan, there are so many automatic photo machine but those are quite expensive. These machines are located near to the metro stations (minimum rate: 500 JPY/4 pics))
- ☐ Passport, Visa and their Xerox copy
- ☐ Soft copy of all above mentioned documents
- ☐ University and scholarship related documents

Note: Currently, world has progressed a lot in the communication and storage field. I will recommend to make use of Drop-box, Skydrive, Google-Drive, iCloud and many other online storage facilities for keeping the soft-copy of your important documents.

8. PACKING FOR THE TRIP: PERSONAL HYGIENE PRODUCTS

- ☐ Shaving Cream/Razor, Comb
- ☐ Tooth Brush and Tooth paste
- ☐ Your favorite Cold cream and Vaseline
- ☐ Your favorite hair oil.
- ☐ Soap and Shampoo
- ☐ Your favorite Deodorant/Body Spray

- ☐ Make sure that you have packed all the required Medicines such as Balm, Crocin, Combliflam, and other prescribed drugs by your family doctor

Note: Your health is your wealth. Eat well and stay fit.

9. WHAT TO LEAVE FOR FAMILY AND CAREGIVERS AT HOME

- ☐ Leave your contact information—including the names, addresses, and phone numbers of the hotels where you are staying—with a family member, so they can reach you while you're away.
- ☐ Phone numbers (all contact numbers for you; doctor/vet; pharmacy; mechanic; school/daycare; helpful friends/neighbors; alarm company).
- ☐ Consent for medical treatment forms and insurance cards.
- ☐ Your travel itinerary.

Acknowledgement:

The above list is compiled report of the questionnaire survey held among the student staying in Tokyo and studying in University of Tokyo. The survey was conducted by the Indian student organization (UTISA). We would like to thank to the all the members of the utisa. We pay our respected to all the students, who have taken this survey. We heartily congratulated President and vice-president for conducting successful survey.

During this survey, we got a very mature and experienced response, which was [“Hey, You would get everything in Japan. Don't be shocked looking at price tag. Just go to right shop. Eat healthy and stay fit.”](#)

For more details, Please visit our homepage: <http://utisa.net>

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The University of Tokyo Indian Students' Association