

# The Japan Shopping List

Fold it into your passport. Tick things off as you go.

## KONBINI Convenience stores

- ☐ Regional KitKat and seasonal chocolate
- ☐ Senbei and rice crackers (flat, travel well)
- ☐ Instant coffee jar or tea bags
- ☐ Soft candy and mochi-style chews
- ☐ Furikake and seasoning packets (no meat)

## DRUGSTORE Cosmetics and skincare only

- ☐ Cleansing oil or balm
- ☐ Sheet masks (packs of 5 or 30)
- ☐ Hand cream and lip balm
- ☐ Hair treatment and hair oil
- ☐ Sunscreen (see the note at the bottom)

## 100-YEN SHOP Daiso, Seria, Can Do

- ☐ Kitchen tools: grater, sesame grinder, silicone lids
- ☐ Small plates and chopstick rests
- ☐ Stationery: pens, sticky notes, sticker sheets
- ☐ Beauty tools: blotting paper, brushes, nail files
- ☐ Foldable storage boxes for the suitcase

## BEFORE YOU PAY Quick checks

- ☐ Ask about tax-free at the register (passport needed)
- ☐ Keep some cash for small shops
- ☐ Japanese L is closer to a US S or M
- ☐ Shoes are sized in centimetres
- ☐ Buy flat things; suitcase space runs out first

## DO NOT PACK THESE FOR THE US

- × Anything with meat, including instant noodles, curry and soup stock
- × Beef or pork jerky and meat snacks
- × Rice and fresh rice products
- × Fresh fruit, vegetables, plants and seeds

Declare all food at US customs. Declared items that are not allowed are simply taken away; undeclared items can mean a fine.

The US regulates sunscreen as a drug and approves different UV filters than Japan, so a Japanese sunscreen is not automatically better or safer for you.

This list does not cover Japanese medicines. Painkillers, eye drops and stomach remedies may contain ingredients not approved in the US.

