

Tsuru-Hendersonville Student Delegation 2018

General Travel Information

3/28/18

Luggage - American Airlines Baggage Information To/Through/From Japan

Number of Bags Allowed

Size and Weight Per Bag Allowed

One personal item: No charge

must not exceed 18X14X8 in

One carry-on bag: No charge

45 in (total dimensions) **Must fit** in overhead bin or under seat.
Must fit in the sizer at the airport.

Two bags checked. No charge

62 in (total dimensions), **50 lbs.** (No exceptions!)

IMPORTANT: Students must check only one bag. Leaders may check two bags.

The size limitation of luggage is calculated by adding the total outside dimensions of each bag. Bags over the size or weight allowance will incur extremely high charges. For more information go to American Airlines' website www.aa.com. Your checked bags will go through to Narita International Airport.

Delegation members should check www.tsa.gov for current rules for carrying liquids and electronics and what items must be removed for security before final packing and arriving at the airport.

Packing

Do not over pack. Your host family will help you with laundry. Use colorful luggage or tie a colorful ribbon or unusual luggage tag on each of your bags to help you quickly identify them. Put your name, address, and phone number inside and outside each piece of luggage. Never lock your luggage.

Items to Pack

lightweight, water-repellent jacket

your trip notebook (in your carry on bag)

modest bathing suit or swim trunks

cap or hat

small collapsible umbrella

thank-you notes

small packs of tissues

non-aerosol insect repellent for mosquitoes

handkerchiefs - for sweat—a great Japanese custom

sunscreen

plenty of nice socks

bag for your laundry

a journal or small notebook

photos of your family, pets, home, school, etc.

commercially packaged snacks

shoes to leave and wear at school

What not to pack!

Do not bring any type of knife in your carry on or checked luggage.

Make sure you have no scissors of any kind in your carryon luggage.

Do not pack anything valuable in your checked luggage.

Do not bring short shorts, short skirts, or tops with a low neckline or spaghetti straps. These items are not appropriate to wear anytime during the trip. Don't bring any tee shirts or caps with political statements or logos. If in doubt, don't bring it. Pack only clothing items included in the provided dress code.

Shoes and Socks

Bring only comfortable shoes. Do not bring new shoes you have not broken in. Do not bring shoes that may rub blisters or not allow you to keep up with the group. Do not bring too many pairs of shoes because they add weight to your luggage. Do pack plenty of socks in good condition since you will be removing your shoes a lot.

Medication

It is illegal to bring some over-the-counter medicines commonly used in the United States, including inhalers and some allergy and sinus medications into Japan. Specifically, products that contain stimulants (medicines that contain pseudoephedrine, such as Actifed, Sudafed, and Vicks inhalers) or codeine are prohibited. Be sure all over-the-counter medicines are in original containers. Prescription medications must be in original pharmacy containers in quantities just sufficient for your visit. **Pack all medication in your carryon.**

Health and Toiletry Items

Bring items such as deodorant, toothpaste, etc. It will be hard to purchase items like you are used to in Japan.

Health Insurance

You can't assume your insurance will go with you when you travel. It's very important to find out BEFORE you leave whether or not your medical insurance will cover you overseas. You need to ask your insurance company two questions: Does my policy apply when I'm out of the U.S.? Will it cover emergencies like a trip to a foreign doctor or hospital or an evacuation?

Airline Miles

Be sure to sign up with American Airlines to receive credit for the trip.

Religious Symbols and Patriotism

Do not display symbols of religion or patriotism on your luggage or clothing while traveling.

Flight Tags

Remove tags from previous trips from your luggage. When the check-in clerk puts the label around the handle of your bag, make sure the three-letter airport code at the top of it matches your final destination's code (NRT).

Take a Selfie

Take a selfie with your bag before check-in. If it's lost, the photo will help searchers identify it.

Passport, Immigration, Customs

You will present your passport and E-ticket at the Nashville airport when you check in and at Narita Airport. You must carry your US passport with you at all times so that if questioned by local officials, you can prove your identity, citizenship, and immigration status. Under Japanese law, the police may stop any person on the street at any time and demand to see identification. Do not have anyone else carry your passport for you. You must present your passport to exchange currency while in Japan. **Never pack your passport in your luggage or leave it in your hotel room while in Tokyo.**

On the international flight to Japan, you will be given an immigration form to fill out. Your address in Japan will be the hotel in Tokyo. The address is provided at the end of your trip schedule. You will present this completed form with your passport to an officer at the immigration desk in Narita Airport. Answer any questions you are asked, but do not volunteer any information. If you are asked why you are in Japan, say you are on vacation. This is very important! The immigration officer will stamp your passport and attach part of your immigration form to one of the pages. Be sure to leave that part of the form attached to your passport so that an agent can remove it at the appropriate time when you depart Japan.

After clearing the immigration area, go down the escalator to baggage claim and get all of your luggage. You should find a free luggage cart in that area. If the customs agents allow it, the group will go through customs in a line as a group. Once again if you are asked why you are in Japan, say you are on vacation. You may be asked to show your passport again. Once you clear customs, you will go through large steel sliding doors. Once a person is on the other side of those doors, he cannot go back inside. You will still have your luggage on a cart and will roll it to the bus. We will probably load our group's luggage in the area under the bus ourselves. We will have an approximately 90-minute bus ride to our hotel.

Communication During the Trip

Group leaders will email students' parents upon arrival. Parents will have contact information for group leaders and host families. Host families will probably offer use of internet but it is not guaranteed.

Hotel Information

The hotel, JR Kyushu Blossom Shinjuku, is located in the heart of Tokyo. Your room may include numerous amenities. You may have a yukata (cotton kimono) for each person in your room. You may wear the yukata while in your room but do not take it with you. There may be a mini-bar with all sorts of items. It would be best to totally ignore the mini-bar. Every item is extremely expensive and of course some are inappropriate for students.

Weather

Usually the weather in Tokyo in July is hot and humid. The temperature in Tsuru may be slightly lower but it will likely still be hot and humid. Be prepared for rain. Tsuru-Kojokan High School is not air-conditioned. Your host family may have air-conditioning in some rooms but not the entire home.

Keep Up with Your Stuff

Each group member is responsible for keeping up with his belongings. Jetlag and culture shock can result in a traveler leaving some of his most important possessions such as his cash, passport, jacket, etc. on a plane, subway, bench, or bus. Losing any of these important items can ruin a trip not only for the traveler, but for others in the group. Be sure to check for all your items before moving from one place to another.

Departure from Japan

Be sure you do not have any items with you that are not allowed on the plane. This includes knives, plants, and food items that are not commercially packaged and sealed. Remember your checked bag cannot weigh more than 50 pounds. You are still allowed only one carry on bag and one personal item going home.

U.S. Customs Declaration and Returning to the U.S.

On the flight home you will be given a US customs declaration form to fill out including all items you acquired during your trip. It's a good idea to keep a running list because it can be difficult to remember every item you bought or were given. Each individual can return with up to \$800 worth of items without owing tax.

When we arrive in Dallas/Fort Worth Airport, our group will have to claim our checked luggage and go through U.S. customs and present our passports and completed U.S. customs declaration. Our luggage may be inspected. After we all clear customs, we will recheck our luggage and go to the gate for the flight home.

Health

Be sure to stay hydrated during the trip. The tap water in Japan is safe to drink. Get up and move around during the flights when you can. If you become ill or have an injury, let Mrs. Stephens and Mr. Gale know immediately. Medical help is always available. Avoid dental work within 24 hours before departure.

Jet Lag

Jet lag is just about unavoidable. There are things you can do to help you manage it.

Going to Japan

- Get plenty of sleep the last few nights before the trip. Three days before departure, move your bedtime and wake time 30 minutes earlier each day. **Do not** stay up the night before departure.
- Drink lots of water before, during, and after flights.
- When you board the international flight, start to operate on Japan time as though you are in that time zone.
- Avoid bright light during your destination's bedtime.
- After arrival, get lots of late afternoon and early evening bright light.
- Avoid exposure to bright light after bedtime.
- Do not nap within 8 hours of bedtime.
- Avoid electronics during nighttime awakenings.

Returning from Japan to the USA

- When you board the international flight, start to operate as though you are in Central Daylight Time.
- During the flights, try to sleep during the time you would be asleep at home.
- After arriving at home, get lots of late morning and early afternoon bright light.
- For daytime sleepiness, take short naps but no later than 8 hours before your desired bedtime.