



Helpful Hints for What to Pack for Your Year in the U.S., *Compiled by Japanese students at Coe College*

What should you bring:

1. **Pictures of your family members and friends:** These help you have conversations with your roommates, host families, conversation partners, and friends.
2. **Shoes:** You should bring **boots** if you have them (and if you are going to a state – like Iowa – that has snow!) **Sandals or flip-flops** are useful in the dormitory. Not to women: You don't need to bring many pairs of **pumps** with high-heels: they are useless in the snow! Of course, if you are going to a warm place . . .
3. **Books which introduce Japan in English:** These are useful for roommates, host families, conversation partners, and daily conversations.
4. **Medicine:** Students who have a medical condition, please bring your prescription and a translation of both your medicine (prescription) and your condition in English.
5. **Contact lenses or glasses:** Students should bring more than one pair of contact lenses or glasses. Also, bring your prescription so that if you need another pair you can get one more easily.
6. **Dictionaries:** English-Japanese and Japanese-English
7. **Presents for your roommate, host family, conversation partners, friends:** for example, origami paper, post cards, handkerchief, chopsticks
8. **Underwear and socks for seven days:** Washing machines are large, you will want to wash your clothes weekends.
9. **Traveler's checks:** You should have some traveler's checks in small denominations (like \$20.00) because often stores will not accept large denominations (like \$100.00 or \$50.00) They might not be able to change large bills.
10. **A couple of packages of your favorite ramen or junk food:** You can get Japanese groceries in Cedar Rapids, but the selection is not large.

What you do NOT have to bring:

1. **Calling Cards:** You can get a cheaper rate here in the U.S. Some of you guys will want to call your parents and friends as soon as you get here. A pre-paid phone card costs from \$5.00 to \$20.00.
2. **Daily Supplies:** Shampoo, toothpaste, toothbrush. You can get them here, so bring a small amount for the first few days until you buy them.
3. **Laundry Detergent:** You won't need it immediately. Buy a box here, and you can share it with your friends.
4. **Bag to protect film from X-rays:** (Nobody uses it except professional photographers.)
5. **Too many clothes:** (Americans are informal. You can buy cheap clothes here.)
6. **Too much cash:** (Americans don't carry too much cash for daily life . . . for your safety!!)
7. **Chemical stuff for warmth ("hokkairo"):** Nobody uses this.

If you have some space in your suitcase or bag, bring these:

1. **Swimsuit:** You can use the swimming pool for free!
2. **Sportswear, sneakers or gym shoes with white soles:** to play racquetball and tennis on the indoor courts
3. **Japanese traditional clothes:** to wear for the Culture Show or the International Banquet
4. **Face-wash cream:** You can hardly get a good one in the U.S. If you have your favorite, bring it.
5. **Net for washing clothes:** kind of expensive in the U.S.
6. **Compact hanger:** if you want to wash your underwear by hand and you want to dry it in your room