

Pre-travel checklist

Flights

It pays to check the current [immigration rules of Japan](http://www.nz.emb-japan.go.jp/visiting_japan/temp_visitors_visa.html) (www.nz.emb-japan.go.jp/visiting_japan/temp_visitors_visa.html) as some countries don't allow entry without proof of return flights.

Travel insurance

Protect your trip from unforeseen events and get travel insurance as soon as you pay for your flights or accommodation, it won't cost any extra. Make sure you're familiar with your policy exclusions. We recommend keeping a copy of your policy handy, both as a physical copy and on any smart devices you're using.

Visa

Although Japan and New Zealand have a relaxed relationship around visa requirements, it is always worth checking with the [Japanese Embassy](http://www.nz.emb-japan.go.jp/visiting_japan/index.html) (www.nz.emb-japan.go.jp/visiting_japan/index.html) or consulate to ensure you're up-to-date on all requirements. One thing to note: Japanese immigration laws are very strict about allowing entry to foreign nationals with criminal records.

Passport

Your passport needs to be valid for the entire duration of your trip. Also ensure it has one spare page free and isn't damaged in any way. If your photo isn't in good condition or if your passport looks like it may have been tampered with, you could be denied entry.

Extra copies

Take physical and electronic copies of your passport, visa, itinerary, travel bookings, driver's licence and insurance policy. Make sure you have copies in your carry-on and checked luggage.

Vaccinations

If you're up-to-date with all your routine immunizations, there are no special vaccinations you will need.

Medication

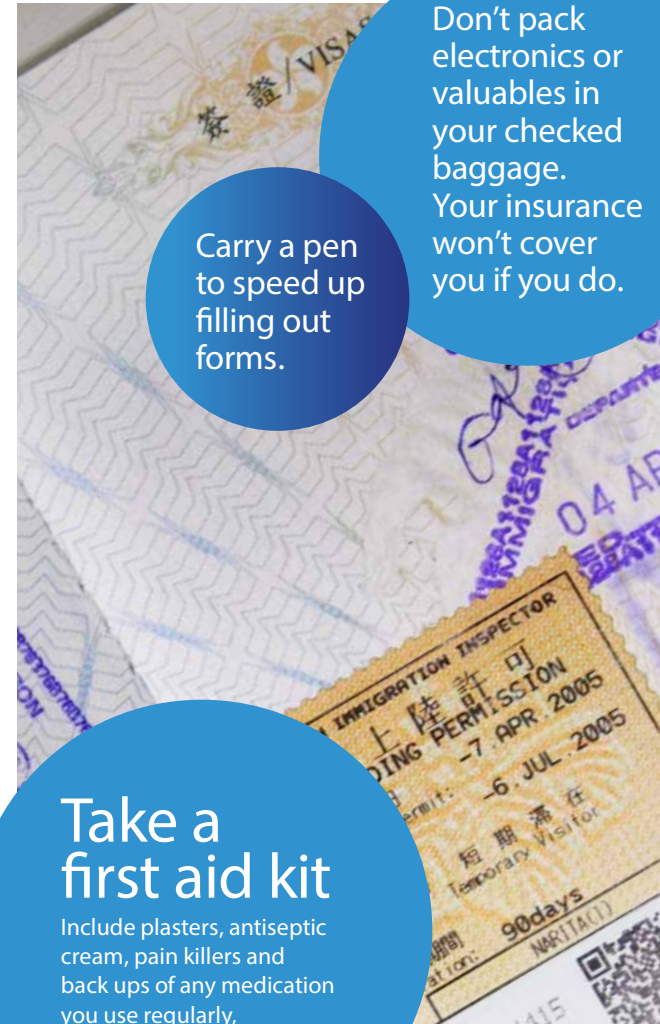
Ensure you have a prescription for any medication you're taking and that it's in the original packaging.

Current events

Keep up-to-date with current events and check the [Safe Travel](http://www.safetravel.govt.nz/japan) (www.safetravel.govt.nz/japan) website before you go.

Carry a pen to speed up filling out forms.

Don't pack electronics or valuables in your checked baggage. Your insurance won't cover you if you do.



Take a first aid kit

Include plasters, antiseptic cream, pain killers and back ups of any medication you use regularly, e.g. your asthma inhaler.

Use our pre-travel checklist to help you prepare for a hassle-free holiday.



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