



PHARMACIES & POLICE

Pharmacies ("Yakkyoku")

Yakkyoku normally require a Japanese prescription, are identified by a green cross, and often close by 6pm.

Drugstores

More common and sell wider range of products, including over the counter medications. Many are open until 8 or 10pm.

Convenience stores ("Konbini")

24/7 convenience stores like 7-Eleven, Lawson, and FamilyMart stock basic medications and first aid items.

Police

"Kobans" are very common small community police stations. Officers can help tourists with maps, directions, lost and found, reporting theft, and emergency situations.

Emergency Contact numbers

Police Non-Emergency 7119
 Police Emergency 110
 Ambulance / Fire 119

Hotel Chains

- APA Hotel
- Prince Hotel
- Dormy Inn
- Daiwa Roynet

Alternative Accommodation Options

- Ryokan
- Capsule Hotel
- Shukubo
- Love Hotel
- Minshuku
- Hostels

Licensed Tour Guides

Available in multiple languages

- Japan Guide Agency

Car Rentals

- Toyota Rentacar
 - Orix Rentacar
 - Nissan Rentacar
 - Times Car Rental
- take an International Drivers Permit
 - Ask for ETC (Electronic Toll Collection) card

Takuhaibin Delivery Services

Next day luggage delivery

- Yamato Transport aka "Black Cat"
- Sagawa Express

FOOTSTEPS 2 FUJI



CHART YOUR OWN PATH TO JAPAN

- Plan with Ease:** Check off the essentials with our checklists tailored for new explorers
- Accommodation Tips:** Gain insights on choosing stays that match your style and budget, while adding to your cultural immersion
- Dine with Confidence:** Discover how to find eateries offering vegetarian, halal, and allergy-friendly options, so you can indulge in Japan's famous culinary landscape worry-free.
- Unlock More Insights:** Scan the QR code to access to a wealth of additional information online, to enhance your journey 2 Japan



PLANNING YOUR ADVENTURE



PREPARATION CHECKLIST

- Organise Travel Insurance
- Notify your bank(s) of upcoming travel
- Confirm passport is valid for 6 months
- Arrange Global Roaming from your mobile carrier
- Pre-Order a Travel Sim
- Arrange an International Drivers License
- Check prescription medication requirements
- Complete Visa Exemption online
- Compare JR Rail Passes & pre-purchase if required

PACKING CHECKLIST

- Durable lightweight luggage
- Spare, empty collapsible bag
- Portable day bag
- Power adaptor
- Travel powerboard
- Slip on shoes
- Masks & small handtowel
- Compass
- Small gifts (e.g. postcards, Tim Tams, etc.)

LINKS

Access all of these resources and more by scanning the QR code, or go to:
linktr.ee/footsteps2fuji



KEY DATES

Early Jan	Hatsumode (First Shrine Visit)
Jan - Mar	Ski Season
Early Feb	Sapporo Snow Festival
Mar - Apr	Sakura (Cherry Blossom) Season
Early May	Golden Week
Jun - Jul	Wet Season
Jul - Sep	Hot Season (Tropical & Typhoon)
	Summer Festivals
	Mt Fuji Climbing Season
Oct - Dec	Autumn Leaves
Dec	Christmas lights & markets

RECOMMENDED APPS

- Google Maps (Download offline maps)
- Google Translate (Download Japanese)
- Mobile carrier app (MyOptus / MyTelstra)
- Japan Wi-Fi AutoConnect
- Banking Apps such as Wise
- "GO / Taxi app for Japan"
- Didi & Uber
- Expedia / AirBNB / etc.



EAT LIKE A LOCAL

Inclusive Dining Options

Halal "ハラール" (Haraaru)
Vegetarian "ベジタリアン" (Bejitarian)
Vegan "ビーガン" (Biigan)

Iconic Japanese Dishes

Top 12 dishes to sample on your holiday:

- Udon or Soba Noodles
- Ramen
- Okonomiyaki
- Curry
- Yakiniku
- Shabu Shabu
- EkiBen (Train Bento)
- Japanese Burger Chain
- Kaiseki (Ryokan meal)
- Kissaten (Coffee shop)
- Hottokeki (Souffle pancakes)
- Pan-ya (Bakery)