

7 Days in Japan

A First-Timer's Tokyo & Kyoto Itinerary

Four days in Tokyo with a Kamakura day trip, then Kyoto and Nara: planned by morning, afternoon and evening.

PREPARE · RIDE · EXPLORE · EAT · RECORD

7 day plans with schematic maps + six printable worksheets

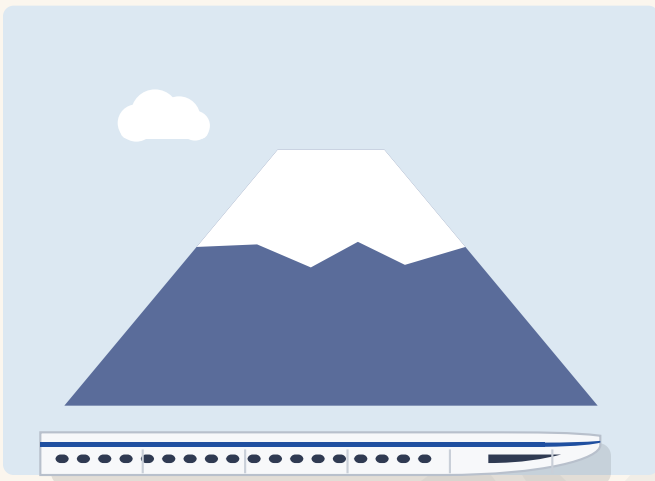
STUDIO SAMPLE · FACTS CITED TO OFFICIAL SOURCES · CHECK CURRENT PRICES



A first trip to Japan, already planned.

For travellers who want to see the highlights of Tokyo and Kyoto in a week, at a pace that leaves room to wander.

A first trip to Japan comes with a lot of questions. Which card do I tap on the train? Will my phone work? How do I order dinner? This guide answers them in the order you will meet them, then gives you seven planned days: each split into morning, afternoon and evening, with a simple diagram of the neighbourhood and a note on what to know before you go.



By the end, you will have...

A before-you-go checklist, an IC card plan, a Shinkansen plan, seven day-by-day plans, a food and ordering guide, a worked budget, a packing list, a phrasebook and six printable tools.

How to use this edition

Read pages 4-8 a few weeks before you fly. Pages 9-10 cover trains. Take the day plans on pages 11-18 with you, and use pages 19-24 for food, money, packing and help. Worksheets 1-6 on pages 25-30 are ready to print.

A STUDIO SAMPLE, READ THIS FIRST

Created by Forgewick in September 2026 to show the quality of our ebook work. Travel facts were checked against official sources (JNTO, JR companies, Kyoto City Tourism and Japanese government sites) on 24 September 2026 and are cited on page 31. Opening hours, prices and rules change: check official sites before you travel. The maps are simple original diagrams, not real map data. No affiliate links, sponsorships or reviews.

Four sections. Seven days.

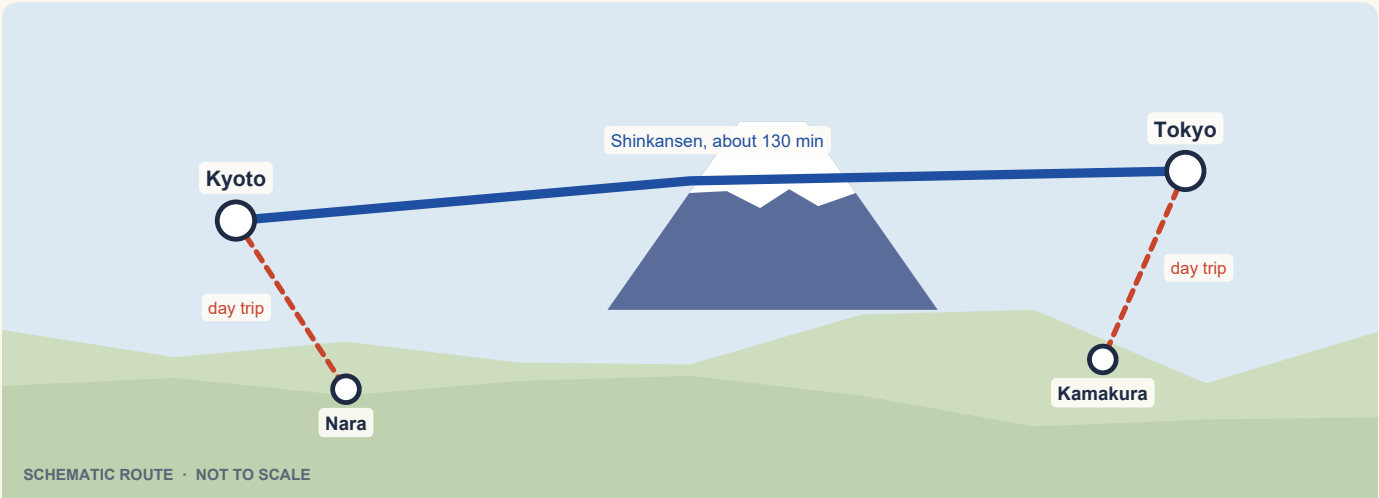
Read it in order before you go, or use the linked sections to jump straight to what you need on the day.

- | | | |
|--|---------------------------------|----|
| 01 | Before you go | 04 |
| The trip at a glance, a before-you-go checklist, money, staying connected and etiquette basics. | | |
| 02 | Getting around | 09 |
| IC cards for city trains and buses, then the Shinkansen from Tokyo to Kyoto. | | |
| 03 | Day by day | 11 |
| Seven planned days with schematic neighbourhood maps, plus rainy-day swaps. | | |
| 04 | Eat, spend, pack + tools | 19 |
| What to eat and how to order, a budget planner, packing list, phrasebook, help and six worksheets. | | |

The aim is not to see everything. It is a first week in Japan that feels calm, well paced and your own.

The trip at a glance.

Tokyo for four nights with one day trip, then the Shinkansen to Kyoto for three nights with a half day in Nara.



Day	Base	Plan	Pace
1	Tokyo	Arrive, get connected, Shinjuku views and a lantern-lit lane for dinner	Gentle
2	Tokyo	Asakusa and Sensoji, then Ueno Park museums and Ameyoko market street	Moderate
3	Tokyo	Meiji Jingu forest, Harajuku and Omotesando, Shibuya Crossing at dusk	Moderate
4	Tokyo	Day trip to Kamakura: a hilltop shrine, a seaside train and the Great Buddha	Full
5	Kyoto	Shinkansen to Kyoto, Kiyomizudera and the old lanes down to Gion	Moderate
6	Kyoto	Fushimi Inari early, then Nara and its deer park in the afternoon	Full
7	Kyoto	Arashiyama bamboo grove, Nishiki Market, then onward travel	Gentle

Arriving later or staying longer? Move the day trips: Kamakura and Nara both work as optional days. Train time from Tokyo to Kyoto is about 130 minutes on the Tokaido Shinkansen. [15]

The before-you-go checklist.

Work down the list from about two months out. Worksheet 1 (page 25) is a printable version.

TWO MONTHS BEFORE

- ☐ Check your passport is valid for the whole trip; ask your government and airline about any validity rules
- ☐ Check whether you need a visa: Japan has visa exemption arrangements with many countries and regions, but not all [1]
- ☐ Book flights into Tokyo and out of Osaka/Kansai or back from Tokyo
- ☐ Book hotels: Tokyo (4 nights) and Kyoto (3 nights)

ONE MONTH BEFORE

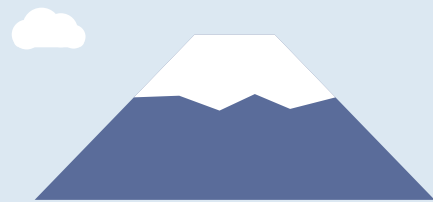
- ☐ Buy travel insurance that covers medical care
- ☐ Decide on your IC card: physical or phone (page 9)
- ☐ Decide how you will get online: eSIM, SIM or pocket Wi-Fi (page 7)
- ☐ Check if a rail pass suits your route; compare with single tickets (page 10)

ONE WEEK BEFORE

- ☐ Register on Visit Japan Web, the government service for immigration and customs forms, and save your QR code [2]
- ☐ Tell your bank you are travelling; carry two cards
- ☐ Download offline maps and a translation app
- ☐ Print the worksheets and your bookings

THE DAY BEFORE

- ☐ Charge your phone and power bank
- ☐ Pack a Type A plug adapter if you need one (page 7)
- ☐ Keep your passport, cards and some cash in one place
- ☐ Screenshot hotel addresses to show a taxi driver



ENTRY RULES CAN CHANGE

Check official government sources for your nationality before you book, and again before you fly. Visit Japan Web is optional but speeds up arrival paperwork. [1][2]

Money: cash, cards and no tipping.

Japan is increasingly cashless in cities, but cash still matters. Plan to carry both.



01 Cards work widely in cities

Visa, JCB and Mastercard are the most widely accepted international cards, at major hotels, department stores, shopping centres and restaurants in urban areas. [3]

02 Carry cash for smaller places

Many places, especially in rural areas, may still accept only cash, even some hotels. Temples, small eateries and market stalls are good reasons to keep some yen with you. [3]

03 Use the right ATMs

Seven Bank ATMs, mainly in 7-Eleven stores, and Japan Post Bank ATMs, mostly in post offices, accept cards issued overseas. Your own bank may charge a fee. [4]

04 Your phone wallet may not work

Some phone payment methods used overseas cannot be used in Japan, so do not rely on one alone. An IC card (page 9) also pays in many shops. [3]

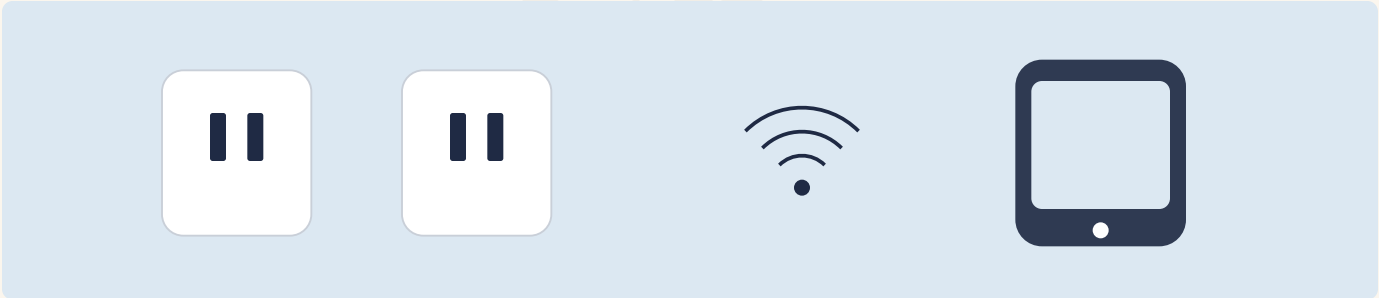
DO NOT TIP

In Japan it is not common to tip in bars, cafes, restaurants, taxis or hotels: you pay the amount on the bill. [5] Good service is simply part of the job, and a sincere thank-you is enough.

Staying connected and charged.

Maps, translation and train times all live on your phone. Sort data and power before you land.

Option	Good for	Know this
eSIM	Travellers with an eSIM-capable, unlocked phone	Buy and install before you fly; switch it on when you land. Check the data allowance and validity.
SIM card	A single traveller with an unlocked phone	Sold at major airports and electronics stores such as Bic Camera or Yodobashi Camera. [6]
Pocket Wi-Fi	Groups sharing one connection	Rental kiosks are at all major airports, and some rentals deliver to your hotel. Keep it charged. [6]
Free Wi-Fi	Backup only	Major international airports offer free Wi-Fi in the terminals; cafes and convenience stores often do too. [6]



Power: 100 volts, Type A plugs

Japan uses 100 V throughout, with Type A (two flat pin) plugs. Frequency is 50 Hz in the east, including Tokyo, and 60 Hz in the west, including Kyoto. Dual-voltage chargers usually work; check the label. Adapters are sold in large electronics stores. [7]

SET IT UP BEFORE YOU FLY

Install your eSIM or book pocket Wi-Fi at home, download offline maps of Tokyo and Kyoto, and save this guide to your phone. Then you can find your hotel even if a connection drops.

Etiquette basics.

Most Japanese etiquette comes down to one idea: be considerate of the people around you.

ON TRAINS

No phone calls on trains and buses. Stand to the side and let passengers off before you board. [8][10]

SHOES OFF

Expect to take your shoes off at the entrance of homes, and at many temples and some restaurants. [8]

RUBBISH

Bins can be hard to find. Do not litter; carry a small bag and take rubbish with you. [9]

AT THE TABLE

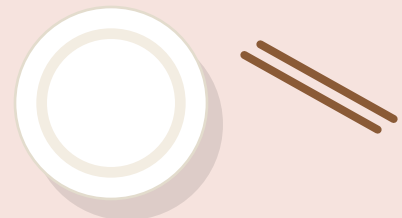
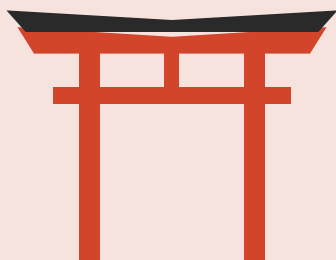
Never stand chopsticks upright in rice or pass food chopstick to chopstick. [11]

In Kyoto: four official guidelines

- **Respect Gion.** Do not touch, chase or photograph geiko and maiko without permission, and do not enter private property. [12]
- **Keep lanes clear.** Avoid blocking roads or walking side by side in large groups. [12]
- **Protect the bamboo.** Carving on bamboo is property damage and a criminal offence. [12]
- **Use licensed taxis.** Take authorised taxis or official ride-hailing apps only. [12]

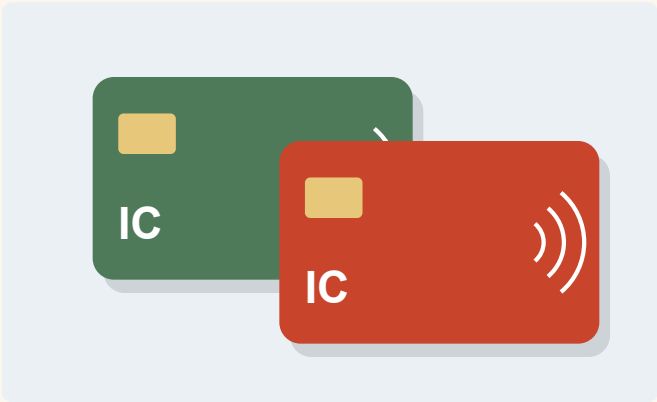
A BOW AND A THANK-YOU GO A LONG WAY

A small bow is a polite greeting, and people will not expect you to get every custom right. Watch what others do, follow signs, and ask when unsure. The phrasebook on page 23 has the words you need. [8]



IC cards: tap in, tap out.

A rechargeable IC card is the easiest way to ride city trains, subways and buses, and it pays in many shops too.



How they work

Tap the card on the reader at the ticket gate as you enter, and again as you leave. The fare is deducted automatically. Top up with cash at the ticket machines found in almost every station. [13]

Choice	What to know
Standard IC card	Most regions have their own card, and they can be used nationwide. Most need a 500 yen deposit when you buy one. [13]
Visitor cards	Welcome Suica and TOURIST PASMO are special cards for international visitors, with no deposit. [13]
Phone (iPhone)	JR East's Welcome Suica Mobile app lets visitors issue and top up a Suica on an iPhone; it is available in limited countries. [14]
Where it pays	Trains, buses and boats, plus many vending machines, convenience stores, some taxis and station lockers. [13]

01 Top up before a day trip

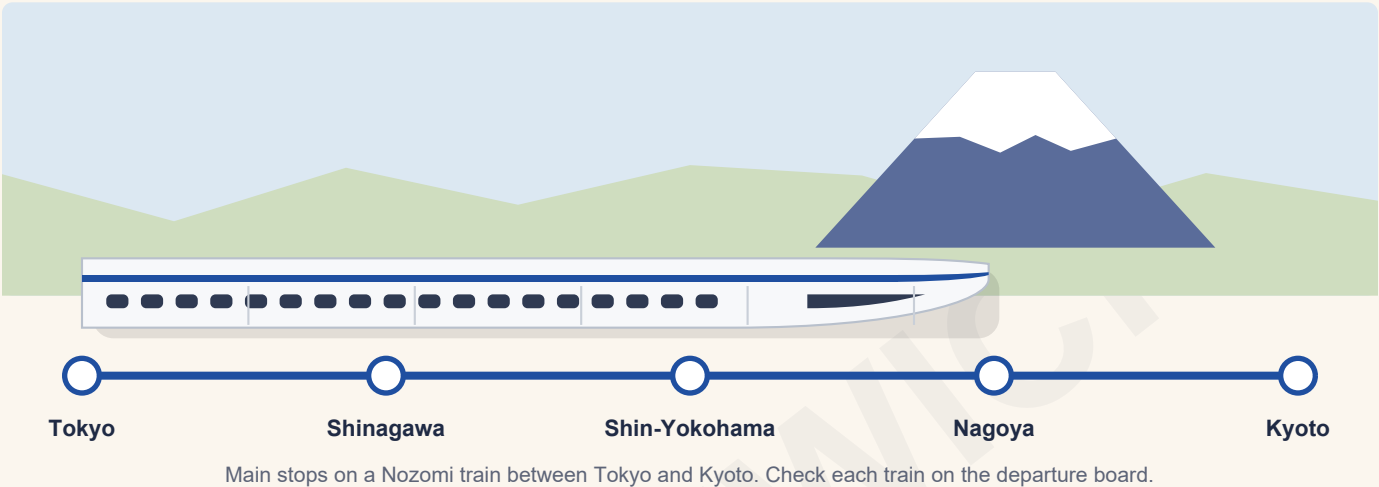
A low balance is the most common reason a gate closes on you. Top up in the morning, and use the fare adjustment machine near the exit gates if you are short.

CARD AVAILABILITY CHANGES

The types of IC card on sale, and where you can buy them, have changed in recent years. Check the JNTO IC card page and the JR East pages a week before you travel. [13][14]

The Shinkansen: Tokyo to Kyoto.

The Tokaido Shinkansen links Tokyo and Kyoto in about 130 minutes. A little planning makes it easy. [15]



Your bag (length + width + height)	On the Tokaido Shinkansen
Up to 160 cm	No reservation needed.
161 to 250 cm	Reserve a "seat with an oversized baggage area" when you book, at no extra charge. Without one, a fee is charged on board.
Over 250 cm	Not allowed on board.

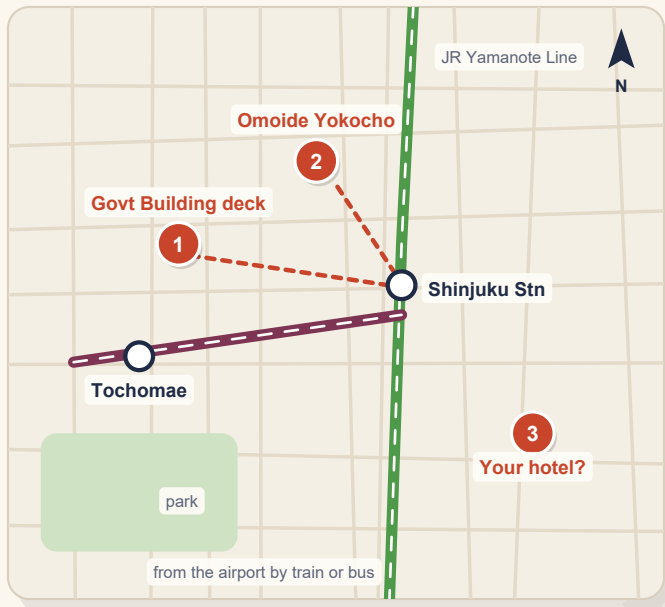
Oversized baggage rules from JR Central. [16]

- **Tickets.** Buy at JR ticket machines and offices, or online from the official JR services. Reserved seats guarantee you sit together.
- **Rail pass holders.** Nozomi and Mizuho trains are not covered by the JAPAN RAIL PASS. Take a Hikari, or buy the special Nozomi ticket for pass holders. [17]
- **Peak periods.** During major holiday peaks, all Nozomi seats are reserved: book ahead. [18]

Fares and supplements change: check the current price on the official JR sites when you book.

Day 1: Arrive and Shinjuku

Land, get connected, and ease in with a free view over the city.



AT A GLANCE

Base Shinjuku, or anywhere on the JR Yamanote Line

Pace Gentle: you have just flown in

Book ahead Nothing

ON THE MAP

- 1 Tokyo Metropolitan Government Building: free 45th-floor observation deck [19]
- 2 Omoide Yokocho: small lanes of yakitori stalls [20]
- 3 Drop your bags at your hotel

MORNING

Land at Narita or Haneda. Show your Visit Japan Web QR code at immigration and customs [2]. Use the free airport Wi-Fi to switch on your eSIM or collect pocket Wi-Fi [6], get an IC card (page 9) and take out some cash at an ATM that accepts overseas cards. [4]

AFTERNOON

Travel into the city and drop your bags at your hotel. Walk about 10 minutes from Shinjuku Station's West Exit to the Tokyo Metropolitan Government Building for a free view from the 45th floor. On a clear day you may see Mt Fuji. [19]

EVENING

Find dinner in Omoide Yokocho, a tangle of small lanes with yakitori stalls and tiny pubs [20], or keep it simple with a convenience-store picnic. Go to bed early: jet lag is real.

GOOD TO KNOW

Keep day 1 light. If you land in the evening, do only the morning jobs and save the views for tomorrow. Write your hotel address in Japanese on your phone to show a taxi driver.

Day 2: Asakusa and Ueno

Old Tokyo: a great temple, a park full of museums and a lively market street.



SCHEMATIC DIAGRAM · NOT TO SCALE · NOT A REAL MAP

AT A GLANCE

Getting there Subway or JR to Asakusa; a short subway ride to Ueno

Pace Moderate: lots of walking

Book ahead Museum tickets, if there is an exhibition you want

ON THE MAP

- 1 Sensoji Temple and the Nakamise-dori approach [21]
- 2 Ueno Park and its museums [22]
- 3 Ameyoko market street [23]

MORNING

Arrive early at Sensoji, Tokyo's oldest temple. Enter through the Kaminarimon gate with its huge red lantern, then walk Nakamise-dori, one of Japan's oldest shopping streets, to the main hall. [21]

AFTERNOON

Ride to Ueno. Ueno Park holds several major museums, including the Tokyo National Museum, plus Ueno Zoo. Pick one museum rather than trying them all. [22]

EVENING

Wander Ameyoko, the market street under the railway between Ueno and Okachimachi stations, for skewers and snacks [23]. Or try a ramen shop with a ticket machine (page 20).

GOOD TO KNOW

Temples and shrines are places of worship. Speak quietly, follow signs about photography, and check if shoes come off before you enter a hall. [8]

Day 3: Harajuku and Shibuya

A forest shrine in the city, then Tokyo's busiest crossing at dusk.



SCHEMATIC DIAGRAM · NOT TO SCALE · NOT A REAL MAP

AT A GLANCE

Getting there JR Yamanote Line to Harajuku

Pace Moderate

Book ahead Shibuya Sky tickets for sunset, if you want to go up

ON THE MAP

- 1 Meiji Jingu Shrine [24]
- 2 Omotesando avenue: walk to Shibuya
- 3 Shibuya Crossing, outside the Hachiko exit [25]
- 4 Shibuya Sky rooftop [26]

MORNING

Start at Meiji Jingu, next to Harajuku Station. A forest of about 100,000 trees shelters the path to the shrine, and the city noise falls away. [24]

AFTERNOON

Explore Harajuku's side streets, then walk down the tree-lined Omotesando avenue towards Shibuya. Stop for a late lunch and coffee on the way.

EVENING

Shibuya Crossing is directly outside the Hachiko exit of Shibuya Station [25]. Cross it once, then watch from above. The Shibuya Sky rooftop views the crossing and the city [26]; check the current price and book a sunset slot.

GOOD TO KNOW

Rooftop decks can close in bad weather. Book a flexible slot if you can, and have a rainy-day swap ready (page 18).

Day 4: Day trip to Kamakura

A seaside town of shrines and temples, about an hour from Tokyo.



SCHEMATIC DIAGRAM · NOT TO SCALE · NOT A REAL MAP

AT A GLANCE

Getting there JR Yokosuka Line from Tokyo Station to Kamakura, about 1 hour [27]

Pace Full: start early

Book ahead Nothing; top up your IC card

ON THE MAP

- ① Tsurugaoka Hachimangu Shrine and Komachi-dori
- ② Kamakura Daibutsu (Great Buddha) at Kotoku-in [28]

MORNING

Take the JR Yokosuka Line from Tokyo Station to Kamakura, about one hour [27]. Walk up the Komachi-dori shopping street to Tsurugaoka Hachimangu, the town's great shrine.

AFTERNOON

Ride the Enoshima Electric Railway to Hase and walk about 7 minutes to Kotoku-in. Its bronze Great Buddha is about 11 metres tall and dates from the 13th century. [28]

EVENING

Head back to Tokyo for dinner near your hotel. Pack tonight for tomorrow's Shinkansen, and ask your hotel about luggage forwarding if you would rather travel light.

GOOD TO KNOW

Kamakura gets busy on weekends and holidays. Go on a weekday if you can, and carry water in summer.

Day 5: Shinkansen to Kyoto

Ride the bullet train, then walk the old hillside lanes of Higashiyama.



SCHEMATIC DIAGRAM · NOT TO SCALE · NOT A REAL MAP

AT A GLANCE

Getting there Tokaido Shinkansen, Tokyo to Kyoto, about 130 minutes [15]

Pace Moderate

Book ahead Shinkansen seats, and an oversized baggage seat for a big case [16]

ON THE MAP

- 1 Gion and Hanamikoji [12]
- 2 Kiyomizudera Temple [29]
- 3 Ninenzaka and Sannenzaka lanes [29]

MORNING

Take a mid-morning Shinkansen from Tokyo to Kyoto, about 130 minutes [15]. Buy a train bento for the ride, and drop your bags at your Kyoto hotel.

AFTERNOON

Visit Kiyomizudera, famous for the wooden stage of its main hall, perched on the hillside. Walk down through the Sannenzaka and Ninenzaka lanes, lined with small shops and ceramics. [29]

EVENING

Continue into Gion at dusk. Photos are fine on the main streets, but not in the private lanes. Never touch, chase or photograph geiko and maiko without permission. [12]

GOOD TO KNOW

Kyoto City asks visitors not to block roads or walk side by side in large groups. On narrow lanes, walk in single file and step aside for residents. [12]

Day 6: Fushimi Inari and Nara

Thousands of torii gates at dawn, then a park where deer roam freely.



SCHEMATIC DIAGRAM · NOT TO SCALE · NOT A REAL MAP

AT A GLANCE

Getting there JR Nara Line to Inari, then on to JR Nara [30][31]

Pace Full: an early start pays off

Book ahead Nothing

ON THE MAP

- 1 Fushimi Inari Taisha, in front of JR Inari Station [30]
- 2 Todaiji Temple
- 3 Nara Park and its deer [31]

MORNING

Take the JR Nara Line from Kyoto to Inari Station; the shrine is right in front of it. The path climbs Mt Inari under thousands of torii gates. Go early, and allow a few hours for the full loop. [30]

AFTERNOON

Continue on the JR Nara Line to Nara; the Miyakoji Rapid takes about 45 minutes from Kyoto. Nara Park, about a 20-minute walk from JR Nara Station, is home to around 1,400 free-roaming deer. [31]

EVENING

Return to Kyoto for dinner. Try Kyoto tofu cooking such as yudofu, a Kyoto speciality. [35]

GOOD TO KNOW

The Nara deer are wild animals. Deer crackers are sold in the park; feed them calmly, keep other food out of sight and keep an eye on children. [31]

Day 7: Arashiyama and Nishiki

A quiet bamboo grove early, a food market at lunch, then onward.



SCHEMATIC DIAGRAM · NOT TO SCALE · NOT A REAL MAP

AT A GLANCE

Getting there JR Sagano Line from Kyoto Station to Saga-Arashiyama [32]

Pace Gentle, around your departure

Book ahead Your onward train or airport transfer

ON THE MAP

- 1 Arashiyama Bamboo Grove [32]
- 2 Tenryu-ji side gate approach [32]
- 3 Nishiki Market [33]

MORNING

Go early to Arashiyama. The bamboo grove is about 10 minutes' walk from Saga-Arashiyama Station on the JR Sagano Line; approach from the side gate of Tenryu-ji Temple. [32] Never carve the bamboo. [12]

AFTERNOON

Back in central Kyoto, graze through Nishiki Market, a covered 400-metre arcade with over 100 food shops, known as Kyoto's kitchen. [33]

EVENING

Collect your bags and head to your onward train or flight. Leave generous time, and check your route and transfer on the day.

GOOD TO KNOW

Flying home from Kansai? Check the airport transfer time from Kyoto when you plan the day. Flying from Tokyo? Allow for the Shinkansen back plus the airport journey.

Rainy-day swaps.

Rain does not have to cancel a day. Swap an outdoor plan for an indoor one nearby.



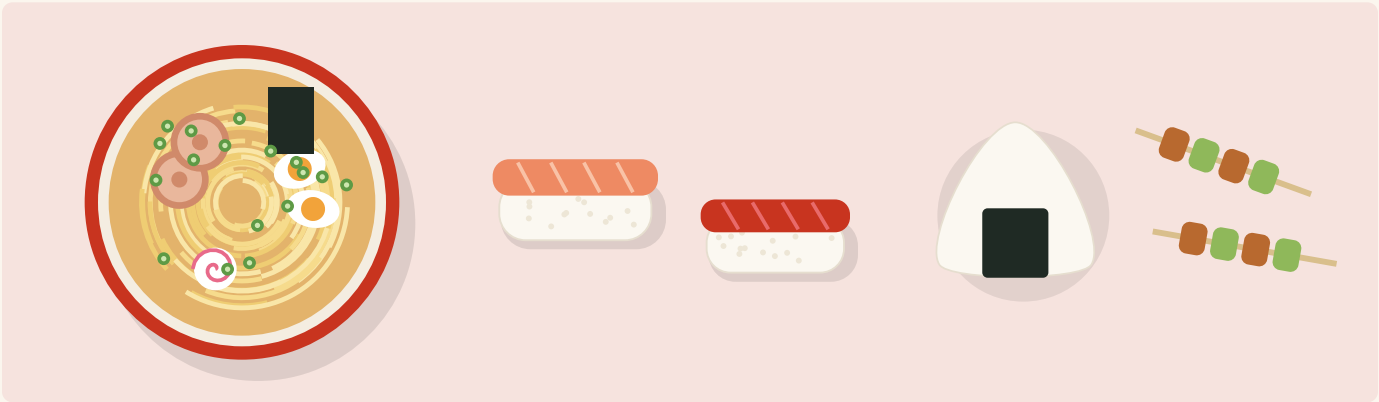
If it rains on...	Swap this	For this
Day 1	Govt Building view in cloud	An early night and a department-store food hall
Day 2	Ameyoko market street	A second Ueno museum: the park has several [22]
Day 3	Shibuya Sky rooftop	Harajuku cafes and indoor shopping; rooftop decks may close in bad weather
Day 4	Kamakura on foot	Swap days: do Kamakura on day 2 or 3 when the forecast is better
Day 5	Gion at dusk	Covered shopping streets and a long, warm dinner
Day 6	Fushimi Inari loop	Walk the lower torii only, then Nara museums or Todaiji's halls
Day 7	Bamboo grove	Nishiki Market first: it is a covered arcade [33]

CHECK THE FORECAST THE NIGHT BEFORE

Most days work in either order. Keep the two day trips flexible so you can move them to the clearest day. Umbrellas are sold in convenience stores.

What to eat.

A first-timer's shortlist. You will not go hungry: good food is everywhere, from station counters to convenience stores.



Try	What it is	Where
Ramen	Noodles in broth with toppings. Many shops take orders by ticket machine (page 20). [34]	Station areas, backstreets
Sushi	Rice topped with fish. Conveyor-belt sushi is an easy first try, with picture menus.	Everywhere
Yakitori	Grilled skewers, often chicken, cooked over charcoal.	Omoide Yokocho, day 1 [20]
Onigiri + bento	Rice balls and boxed meals, ready to eat.	Convenience stores, stations
Kyoto tofu	Yudofu (simmered tofu) and yuba (tofu skin), Kyoto specialties. [35]	Kyoto, day 6
Kyoto pickles	Vegetables brined or fermented in many styles. [35]	Nishiki Market, day 7
Yatsushashi	A traditional Kyoto sweet made with rice flour and cinnamon. [35]	Kyoto souvenir shops

Allergies or a special diet? Carry a written card in Japanese that names what you cannot eat, and show it when you order.

How to order.

Three common ways to order, and the table manners that matter.

At a ticket machine

01 **Pay first**

Insert money (or, at some machines, tap a card) before choosing.

02 **Choose**

Press the buttons for your dish, toppings, sides and drinks. Tickets come out.

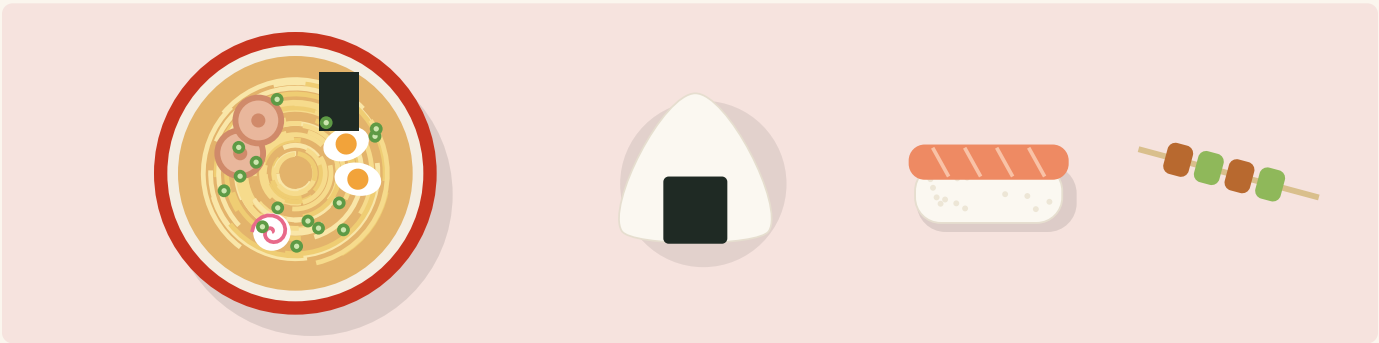
03 **Hand over the ticket**

Give the tickets to the staff or the chef, then wait. [34]

At a table

- **Picture menus help.** Point and say *kore o onegaishimasu*: "this one, please" (page 23).
- **Calling staff.** Say *sumimasen* ("excuse me") or press the call button if there is one.
- **Paying.** Usually at the register by the door. There is no tip. [5]

Do	Do not
Say itadakimasu before eating and gochisosama after [8]	Stand chopsticks upright in rice [11]
Slurp your noodles: it is fine [11]	Pass food from chopsticks to chopsticks [11]
Wait to open food you bought until you leave the shop [9]	Mix wasabi into soy sauce at a sushi restaurant [8]



Budget planner.

Build your own budget line by line. Here is a worked example for one fictional traveller.

Category	How to estimate	Sam's example (per person)
Stay (6 nights)	Your nightly cap x nights	¥12,000-18,000 x 6 = ¥72,000-108,000
Food (7 days)	A daily food cap x days	¥4,000-7,000 x 7 = ¥28,000-49,000
City trains + buses	A daily IC card top-up x days	¥1,000-2,000 x 7 = ¥7,000-14,000
Shinkansen Tokyo-Kyoto	Official fare on the day you book	Placeholder ¥13,000-16,000
Day-trip trains	Kamakura and Nara, return	Placeholder ¥2,000-4,000
Sights + entry fees	Add up the places you plan to enter	¥5,000-10,000
Data	eSIM, SIM or pocket Wi-Fi	¥3,000-8,000
Subtotal		¥130,000-209,000
Buffer (10%)	For surprises and souvenirs	¥13,000-20,900
Total	Before flights and insurance	¥143,000-229,900

THESE ARE PLACEHOLDERS, NOT PRICES

Sam is a fictional traveller, and every figure above is Sam's own planning placeholder, drafted in September 2026. They are not quotes or typical prices. Prices, fares and exchange rates change: check current prices on official sites before you book, then write your own numbers on Worksheet 4.

TAX-FREE SHOPPING IS CHANGING

For purchases from 1 November 2026, Japan's tax-free system for visitors moves to a refund method: the tax is refunded after Customs confirms at departure that the goods are leaving Japan. Check the current rules before you shop. [36]

Packing list.

Pack light: you will carry your bag through stations, and big cases need a reserved space on the Shinkansen. [16]



DOCUMENTS + MONEY

- ☐ Passport
- ☐ Printed and saved bookings
- ☐ Visit Japan Web QR code [2]
- ☐ Two bank cards
- ☐ Some yen for day 1
- ☐ Travel insurance details

TECH

- ☐ Phone and charger
- ☐ Type A plug adapter, if needed [7]
- ☐ Power bank
- ☐ eSIM set up, or SIM tool
- ☐ Offline maps + translation app
- ☐ Earphones for the train

CLOTHES

- ☐ Comfortable walking shoes
- ☐ Slip-on shoes or socks you like: shoes come off often [8]
- ☐ Layers for trains and weather
- ☐ A light rain jacket
- ☐ One smarter outfit
- ☐ Laundry bag

DAY BAG

- ☐ Small bag for rubbish [9]
- ☐ Refillable water bottle
- ☐ Hand towel or handkerchief
- ☐ Tissues and hand gel
- ☐ Coin purse
- ☐ Any medicines you need, in original packaging

TRAVELLING WITH MEDICINE?

Rules for bringing medicines into Japan differ by type of medicine. Check official Japanese government guidance well before you fly, and pack medicines in your hand luggage.

Phrasebook.

Sixteen words and phrases that cover most of a first trip. Point to the Japanese if you are not sure of your pronunciation.

English	Japanese	Say it
Hello	こんにちは	<i>konnichiwa</i>
Thank you	ありがとうございます	<i>arigatō gozaimasu</i>
Excuse me / sorry	すみません	<i>sumimasen</i>
Yes / No	はい / いいえ	<i>hai / iie</i>
This one, please	これをお願いします	<i>kore o onegaishimasu</i>
How much is it?	いくらですか	<i>ikura desu ka</i>
Where is ...?	…はどこですか	<i>... wa doko desu ka</i>
Toilet / station	トイレ / 駅	<i>toire / eki</i>
An English menu?	英語のメニューはありますか	<i>eigo no menyū wa arimasu ka</i>
Can I pay by card?	カードで払えますか	<i>kādo de haraemasu ka</i>
The bill, please	お会計お願いします	<i>okaikei onegaishimasu</i>
I am allergic to ...	…のアレルギーがあります	<i>... no arerugī ga arimasu</i>
Before a meal	いただきます	<i>itadakimasu</i>
After a meal	ごちそうさまでした	<i>gochisōsama deshita</i>
I do not understand	わかりません	<i>wakarimasen</i>
Help!	助けて	<i>tasukete</i>

Long vowels are marked with a line (ō, ū, ā). In *desu* and *-masu* the final u is often almost silent.

If something goes wrong.

Japan is a comfortable place to travel, but save these numbers before you need them.

110

Police

For crimes and traffic accidents. [37]

119

Fire + ambulance

For fires and medical emergencies. [37]

050-3816-2787

Japan Visitor Hotline

JNTO, 24 hours a day, 365 days a year, in English, Chinese and Korean. From overseas: +81-50-3816-2787. [37]

- **Lost something?** Go back to the station office or the nearest police box and describe it. Keep your hotel address to hand.
- **Feeling unwell?** Call the Visitor Hotline for help finding care, or 119 in an emergency. Keep your insurance details on your phone. [37]
- **Taxis in Kyoto.** Use licensed taxis or official ride-hailing apps only. [12]
- **Hot springs and baths.** Tattoos are generally not permitted in hot springs and public baths, though some places allow them. Check before you go. [10]

KEEP A PAPER BACKUP

Write your hotel addresses, the hotline number and your bank's emergency number on Worksheet 3 and keep it apart from your phone.

Before-you-go countdown

Tick each item as you finish it. Add your own at the bottom.

When	Task	Done
8 weeks	Passport valid for the trip; visa check for your nationality	
8 weeks	Flights booked	
6 weeks	Hotels: Tokyo 4 nights, Kyoto 3 nights	
4 weeks	Travel insurance	
4 weeks	IC card plan (card or phone)	
4 weeks	Data plan: eSIM, SIM or pocket Wi-Fi	
3 weeks	Shinkansen plan; big-bag seat if needed	
1 week	Visit Japan Web registered; QR code saved	
1 week	Bank told; two cards packed	
1 week	Offline maps and translation app	
1 day	Phone, power bank and adapter charged	

NOTES

My 7-day plan

Copy in the plan from pages 11-17, then make it yours.

Day	Morning	Afternoon	Evening
Day 1			
Day 2			
Day 3			
Day 4			
Day 5			
Day 6			
Day 7			

TIP Put the two day trips on the days with the best forecast.

Bookings + key details

Keep this apart from your phone, as a paper backup.

Booking	Date + time	Reference	Address / notes
Flight out			
Hotel: Tokyo			
Hotel: Kyoto			
Shinkansen			
Flight home			
Insurance			

Emergency	Number
Police	110
Fire + ambulance	119
Japan Visitor Hotline	050-3816-2787
My bank (lost card)	
My embassy	

Daily budget tracker

Write your daily cap at the top, then log what you spend.

DAILY CAP ¥ _____ EXCHANGE RATE USED _____

Day	Stay	Food	Transport	Sights	Other	Total
Day 1						
Day 2						
Day 3						
Day 4						
Day 5						
Day 6						
Day 7						
Total						

CASH LEFT / IC CARD BALANCE _____

TIP Prices change. Use the numbers you actually see, not old estimates.

Trip journal: one day

Print one for each day. Two minutes each evening is enough.

DAY

DATE

WEATHER ☐ sun ☐ cloud ☐ rain ☐ snow

WHERE WE WENT

BEST THING WE ATE

SOMETHING THAT SURPRISED ME

A WORD OR PHRASE I USED

A QUICK SKETCH OR TICKET STUB

Trip journal: highlights

Fill this in on the train home, while it is fresh.

My top moments	Where	Why it mattered

THE BEST MEAL OF THE TRIP

THE VIEW I WILL REMEMBER

NEXT TIME, I WANT TO...

STICK A PHOTO, TICKET OR STAMP HERE

TIP Keep this page with your photos. It will be the best souvenir of the trip.

The useful fine print

The official sources behind specific statements in this sample, checked on 24 September 2026. Rules, fares and opening times change: always check the source before you travel.

1 / Ministry of Foreign Affairs of Japan: visa exemption (short-term stay) [Open](#)

Lists the countries and regions with visa exemption arrangements and the period of stay granted. Supports page 5: check your own nationality.

2 / Digital Agency: Visit Japan Web [Open](#)

The Japanese government's official online service for completing immigration and customs procedures before arrival. Supports pages 5 and 11.

3 / JNTO: cashless payments in Japan [Open](#)

Visa, JCB and Mastercard widely accepted in cities; many places, especially rural ones, may accept only cash; some overseas phone wallets may not work. Supports page 6.

4 / JNTO: currency exchange and ATMs [Open](#)

Seven Bank ATMs (mainly in 7-Eleven stores) and Japan Post Bank ATMs accept overseas cards; keep enough cash on hand. Supports pages 6 and 11.

5 / JNTO: tipping in Japan [Open](#)

Tipping is not common in bars, cafes, restaurants, taxis or hotels. Supports pages 6 and 20.

6 / JNTO: Wi-Fi and connectivity [Open](#)

Free Wi-Fi in major airport terminals; pocket Wi-Fi rental kiosks at major airports; SIM cards from electronics stores; phone must be unlocked. Supports pages 7 and 11.

7 / JNTO: plugs and electricity [Open](#)

100 V throughout Japan; Type A plugs; 50 Hz in the east and 60 Hz in the west. Supports pages 7 and 22.

8 / JNTO: Japanese manners do's and don'ts [Open](#)

Shoes off at the entrance of homes and many temples and restaurants; no phone calls on trains; let passengers off first; itadakimasu and gochisosama. Supports pages 8, 9 and 20.

9 / JNTO: Japanese customs and etiquette (responsible travel) [Open](#)

Do not litter; take rubbish with you if bins are not available; open purchases after leaving the shop. Supports pages 8 and 20.

10 / JNTO: understanding Japanese manners and etiquette [Open](#)

Phone calls on trains frowned upon; tattoos are generally not permitted in hot springs and public baths, with exceptions. Supports pages 8 and 24.

11 / JNTO: Japanese food etiquette [Open](#)

Never stand chopsticks upright in rice or pass food chopstick to chopstick; slurping noodles is fine. Supports page 20.

12 / Kyoto City Tourism (Kyoto Travel): 4 guidelines [Open](#)

No touching, chasing or photographing geiko and maiko without permission; no entering private property; carving bamboo is a criminal offence; use licensed taxis. Supports pages 8, 15, 17 and 24.

13 / JNTO: IC travel cards [Open](#)

Regional IC cards work nationwide; most need a 500 yen deposit; Welcome Suica and TOURIST PASMO for visitors need no deposit; usable at shops and vending machines. Supports page 9.

14 / JR East: Welcome Suica Mobile [Open](#)

JR East's iPhone app for overseas visitors to issue and top up a Suica; availability depends on country. Supports page 9.

15 / JR Central: Kyoto by Shinkansen [Open](#)

Tokyo to Kyoto in about 130 minutes on the Tokaido Shinkansen. Supports pages 4, 10 and 15.

16 / JR Central: seats with an oversized baggage area [Open](#)

Bags over 160 cm (length + width + height) need a seat with an oversized baggage area on the Tokaido Shinkansen; over 250 cm not allowed; unreserved oversized bags incur a fee. Supports pages 10 and 22.

17 / JAPAN RAIL PASS: use of NOZOMI and MIZUHO trains [Open](#)

Nozomi and Mizuho are not covered by the pass; holders can buy a special Nozomi Mizuho ticket. Supports page 10.

18 / JR Central: Nozomi all-reserved peak periods [Open](#)

All Nozomi seats are reserved during major peak periods. Supports page 10.

19 / JNTO: free view at the Tokyo Metropolitan Government Building [Open](#)

Free 45th-floor observation deck, about 10 minutes' walk from Shinjuku Station's West Exit. Supports page 11.

20 / JNTO: Tokyo yokocho lanes [Open](#)

Omoide Yokocho in Shinjuku: small lanes of yakitori stalls and pubs. Supports page 11.

21 / JNTO: Sensoji Temple [Open](#)

Tokyo's oldest temple; Kaminarimon gate; Nakamise-dori approach. Supports page 12.

22 / JNTO: Ueno [Open](#)

Ueno Park with its museums, including the Tokyo National Museum, and Ueno Zoo. Supports pages 12 and 18.

23 / JNTO: Ameyoko Shopping Street [Open](#)

Market street under the railway between Ueno and Okachimachi stations. Supports page 12.

24 / JNTO: Meiji-jingu Shrine [Open](#)

Forest shrine of about 100,000 trees beside Harajuku Station. Supports page 13.

25 / JNTO: Shibuya Crossing [Open](#)

The crossing directly outside Shibuya Station's Hachiko exit. Supports page 13.

26 / JNTO: Shibuya Sky [Open](#)

Rooftop observation space on Shibuya Scramble Square. Supports page 13.

27 / JNTO: Kamakura [Open](#)

Kamakura Station is about an hour from Tokyo Station on the JR Yokosuka Line. Supports page 14.

28 / JNTO: Kamakura Daibutsu (Great Buddha) [Open](#)

13th-century bronze Buddha about 11 m tall at Kotoku-in; Enoshima Electric Railway to Hase, then a 7-minute walk. Supports page 14.

29 / JNTO: Kiyomizudera Temple [Open](#)

Hillside main hall with its wooden stage; Ninenzaka and Sannenzaka lead up from Gion. Supports page 15.

30 / JNTO: Fushimi Inari Taisha [Open](#)

In front of JR Inari Station on the JR Nara Line; thousands of torii; allow a few hours. Supports page 16.

31 / JNTO: Nara Park [Open](#)

About 45 minutes from Kyoto by JR Miyakoji Rapid; park about 20 minutes' walk from JR Nara Station; deer roam freely. Supports page 16.

32 / JNTO: Arashiyama Bamboo Grove [Open](#)

A 10-minute walk from Saga-Arashiyama Station on the JR Sagano Line; approach via Tenryu-ji. Supports page 17.

33 / JNTO: Nishiki Market [Open](#)

Covered 400 m food arcade with over 100 shops, known as Kyoto's kitchen. Supports pages 17 and 18.

34 / JNTO: a guide to ramen [Open](#)

Many ramen shops take orders by ticket machine: pay, choose, hand the ticket over. Supports pages 19 and 20.

35 / JNTO: Kyoto's local flavours [Open](#)

Kyoto tofu cuisine (yudofu, yuba), Kyoto pickles and yatsushashi sweets. Supports page 19.

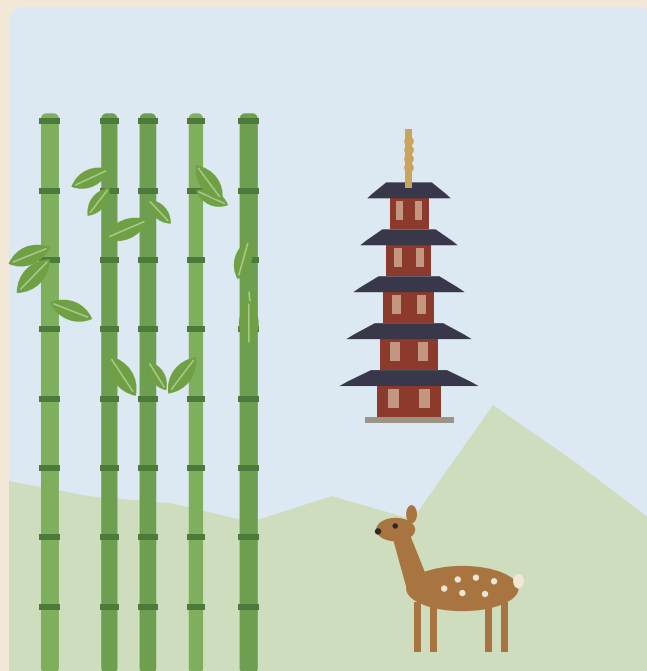
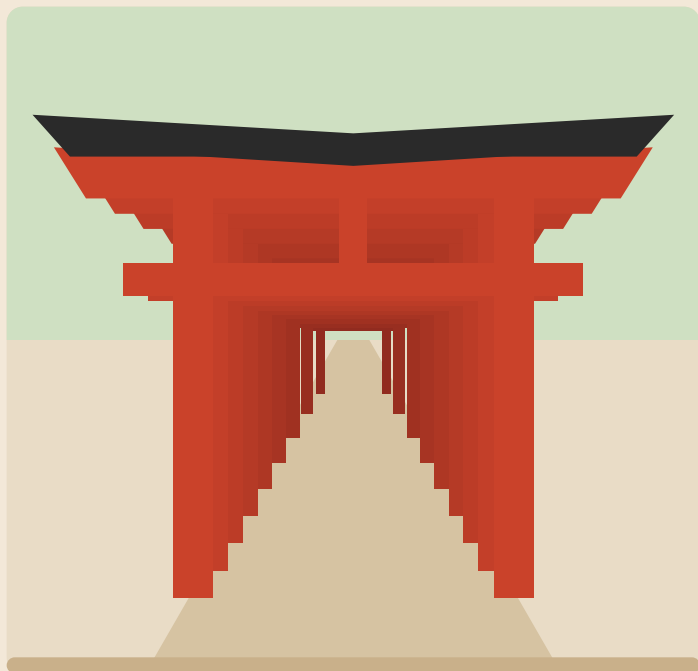
36 / JNTO: Japan's tax exemption [Open](#)

The tax-free system for visitors moves to a refund method for purchases from 1 November 2026. Supports page 21.

37 / JNTO: Japan Visitor Hotline [Open](#)

24/7 hotline 050-3816-2787 (+81-50-3816-2787 from overseas); police 110; fire and ambulance 119. Supports page 24.

About this edition. Written, illustrated and designed by Forgewick, operated by Haris Sohail. Studio Edition 1.0, September 2026. All text, illustrations, schematic maps and worksheets are original; the maps are diagrams, not real map data. No affiliate links, sponsorships or reviews. Budget figures are fictional placeholders, not prices. © 2026 Haris Sohail trading as Forgewick. You may download this sample and print the worksheets for personal use. Contact partnerships@forgewick.com about a creator edition.



7 DAYS IN JAPAN: A FIRST-TIMER'S ITINERARY

Tokyo, Kyoto and the trains in between.

A week of planned days, schematic neighbourhood maps and practical answers, ready before you board the plane.

FORGEWICK

Original studio edition / forgewick.com/creators/seven-days-in-japan-itinerary