

Tohoku Japan

Supplemental Information

Additional Expenses:

If you budget \$15 for each lunch and \$30 for each dinner, you will know approximately how much you need for meals.

Keep in mind you are only on tour for 10 days.

Included: 10 breakfasts, 1 lunch, and 6 dinners

Not Included:

Lunch	9	x	\$15	\$135
Dinner	4	x	\$30	\$120
Total Meal Expense				\$255

Weather Information:

Day temperatures are likely to range between 57° to 63°. The mornings and nights will tend to be cooler, at an average of 42°. It is very difficult to predict the weather, so be prepared for extremes – 30° to 70°. At our group briefing we will give you the most current temperatures.

We found layering your clothes works best. Start with a t-shirt, then add a sweater, and then a jacket. Protection from the rain (jacket, poncho, or umbrella) and comfortable walking shoes will come in handy. Bermuda shorts are fine for the days, although it may be a little chilly. Bring **casual dress** clothes (long pants and shoes) for nightlife and dining.

Special Notes:

Japan's electrical system runs at 100 Volts. Japanese outlets are similar to our American standard, except some Japanese outlets are not polarized (one blade slightly longer than the other). Also, a **money belt** is highly recommended. You can find these wherever luggage is sold.

Some of the places in Japan will only accept yen. You should pick up about \$400 - 600 worth per person in Hawaii because we tend to have a better exchange rate here. It is important to shop around for it. Take *clean and crisp* U.S. cash, ATM card, and credit card, and you'll be just fine.