

Japan With Kids

Pre-Departure Checklist & a 7-Day Tokyo Itinerary · a free guide from littletabi.com

Pre-departure checklist

Documents & money

- Passports valid 6+ months; check if your nationality needs a visa
- Print/screenshot hotel bookings, flights and any pre-booked tickets
- A little cash in yen for day one (many small shops are cash-only)
- Travel/health insurance that covers your kids
- An IC card plan (Suica/PASMO/ICOCA) for easy train tap-and-go

Health & safety

- Any regular medicines (in original packaging) + a small first-aid kit
- Your child's usual fever/pain medicine — brands differ in Japan
- Note the nearest clinic/pharmacy to your hotel; save emergency 119
- For allergies: a translated allergy card to show at restaurants

Packing for kids

- A day or two of diapers/formula (then buy locally — it's everywhere)
- Lightweight, foldable stroller or a carrier for crowded stations
- Snacks for the plane and the inevitable 'are we there yet' moments
- Refillable water bottles; a change of clothes in your day bag

Tech & connectivity

- An eSIM or pocket Wi-Fi sorted before you land (maps + translation)
- Offline maps downloaded; Google Translate language pack saved
- Power bank + the right plug (Japan is Type A, 100V)

A simple 7-day Tokyo itinerary (with young kids)

Day 1 — Arrive & settle. Land, grab IC cards, check in, gentle stroll + konbini dinner. Early night to beat jet lag.

Day 2 — Asakusa & river. Senso-ji, snacks on Nakamise, then an easy Sumida River boat. Stroller-friendly and visual for kids.

Day 3 — Ueno. Ueno Zoo + a wide park to run around. Pick one museum only; leave buffer for naps.

Day 4 — teamLab + bay. Book teamLab tickets ahead. Afternoon by the bay; keep it light after a big morning.

Day 5 — Disney or DisneySea. One park, one day. Rent a stroller at the gate, plan around a midday rest.

Day 6 — Shibuya/Harajuku slow day. Crossing, a themed cafe, gacha machines. Short hops; lots of snack breaks.

Day 7 — Flex & fly. Buffer for a meltdown-free morning, last-minute shopping, head to the airport early.