



# MUROTO EXCHANGE LUGGAGE & PACKING

## • TWO ITEMS OF **LUGGAGE** REQUIRED:

- A CABIN BAG (OR LARGE BACKPACK) 7kg
- A MEDIUM-LARGE SUITCASE (WITH WHEELS & HANDLE) 20kg
- OPTIONAL: DAY PACK (SMALL BACKPACK)

## • WHAT TO **PACK**:

Passport

Gifts/photo album:

- Host family gifts in suitcase
- Small gifts in carry case

Toiletries bag (pack in suitcase):

- Keep to a minimum
- 100ml limit on plane
- Sunscreen
- Medicines/band-aids/travel sickness tablets/aspirin/cold & flu/tissues/hayfever
- Baby wipes

Devices:

- Phone
- Camera
- Chargers
- Adaptor

Folder/pen

Lanyard

Money

Hats/sunglasses

Clothing

Muroto shirt

Plane clothes (comfy – t-shirt/trackies/jacket or jumper)

Rain jacket

School uniform

Shorts

Bathers (modest)

Pants

Casual shirts

Underwear (5-6 sets)

Pyjamas (modest)

Laundry bags/plastic bags

Shoes:

- Walking shoes
- Thongs/sandals/slides/slippers
- Function shoes

Day pack



# MUROTO EXCHANGE CURRENCY INFORMATION

- **CURRENT EXCHANGE RATE:** (AS AT NOVEMBER 8<sup>th</sup>, 2019)
  - A\$1 = ¥75.37
  - 100 YEN = \$1.33
  - 1,000 YEN = \$13.27
  - 10,000 YEN = \$132.67
  
- **WHAT TO SPEND YOUR MONEY ON:**
  - MEALS ( \_\_\_\_\_ LUNCHES & \_\_\_\_\_ DINNERS)
  - TICKETS (LOCAL TRANSPORT / ENTRANCE FEES)
  - SOUVENIRS
  
- **WHERE TO CONVERT YOUR CURRENCY:**
  - YOUR BANK (or Bendigo Bank)
  - POST OFFICE
  - TRAVEL AGENT
  - ONLINE (e.g. Travelex)