THE THERMOMETER
Make sure the thermometer can report your temperature in Centigrade. Pack extra batteries.

TOKYO 2020-COMPLIANT FACE MASKS
The USOPC will provide every member of the delegation two masks. You should pack additional masks because you will need to replace your masks as soon as they become damp and wash them once a day. You may use more masks than usual in hot and humid weather.

SMARTPHONE & SIX-FOOT CHARGING CORD
You will need to keep your smartphone with you at all times in Japan. The 6-foot long phone charger will minimize unintended contact tracing due to proximity of smartphones during charging.

EXTERNAL CHARGING DEVICE (I.E., A BATTERY PACK)

POWER STRIP & POWER ADAPTER

VACCINATION CARD AND/OR COVID INFECTION & RECOVERY DOCUMENTATION
If you have been vaccinated, you are encouraged to bring your card with you. If you had COVID-19 in the last 90 days, you should also bring documentation of their infection and recovery. It is possible (though not guaranteed) that this information will be taken into consideration by health authorities when performing contact tracing.

YOUR PASSPORT
For the Olympic Games, your passport must not expire before December 31, 2021. For the Paralympic Games, it must not expire before March 5, 2022.

PRESCRIPTION MEDICATIONS
You will be permitted to bring up to one month’s supply of prescription medications for personal use that are permitted under Japanese law. Be sure to pack these in your carry on bag. To check if your medication or an ingredient in your medication is not permitted in Japan, click here.

If you will need more than a one-month supply of a medication, you will need to apply for a Yakkan-shoumei import license. For all medications, please bring a copy of the doctor’s prescription for your medication and keep your medications in the bottle in which they were dispensed. For more information, check out the Delegation App.

Questions? Check out the Delegation App, www.teamusa.org/coronavirus or email usopc.clo@usopc.org

NOTE: This document is subject to change. Please continue to check back for updates.