

J A P A N

K O S H E R
B A C K P A C K I N G

J A N 2 5 - F E B 8



2026

WINTER SCHEDULE

KOSHER BACKPACKING FROM TEAHOUSE TRAILS

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SHABBAT
Jan 25 • Fly to Japan!	26 -->TOKYO • Arrive in Haneda Airport 2:50 - 6:30 PM • Check-in to Hotel • Walk around • Dinner <i>Sleep: Tokyo</i>	27 TOKYO • Wake up (jet lag) • Tsukiji Market • Walk through Ginza • Imperial Palace East Gardens • TMG Observation • Akihabara <ul style="list-style-type: none"> ◦ Anime Shops ◦ Arcades • Dinner <i>Sleep: Tokyo</i>	28 -->KYOTO • Bullet train to Kyoto • Drop off bags • Fushimi Inari • Ninenzaka Shananzaka <ul style="list-style-type: none"> ◦ Tea Tasting ◦ Shopping • Kiyomizu-Dera • Dinner • Night Activity: Kyoto Tower <i>Sleep: Kyoto</i>	29 KYOTO • Arashiyama <ul style="list-style-type: none"> ◦ Monkey Mountain ◦ Tenryuji ◦ Bamboo Forest • Well of Isurai • Beit Shalom Museum • Kinkakuji • Kyoto Imperial Palace • Dinner <i>Sleep: Kyoto</i>	30 KYOTO • Nijo Castle • Activate Rail Pass -->KOBE • Train to Kobe • Botanical Gardens • Carpentry Museum • Candle Lighting at Chabad 4:48 PM • Kabalat Shabbat • Dinner <i>Sleep: Kobe</i>	31 KOBE • Chabad <ul style="list-style-type: none"> ◦ Shacharit ◦ Lunch ◦ Mincha • Waterfall • Chinatown • Havdalah @ 5:47 PM • Dinner • Explore Kobe <i>Sleep: Kobe</i>
Feb 1 -->OKUNOSHIMA • Bunny Island • Beach • War Ruins -->HIROSHIMA • Castle Ruins • A-Bomb Site (dome) • Meet Masa • Eternal Flame • Dinner <i>Sleep: Hiroshima</i>	2 HIROSHIMA • Miyajima <ul style="list-style-type: none"> ◦ Itsukushima ◦ Mt. Misen ◦ Floating Torii Gate ◦ Aquarium ◦ Deer • Dinner <i>Sleep: Hiroshima</i>	3 -->FUKUYAMA • HEC • Himeji Castle and Garden -->OSAKA • Dinner • Laundry • Night Activity: Dotonbori <i>Sleep: Osaka</i>	4 OSAKA • Osaka Castle -->NARA • Nara Park <ul style="list-style-type: none"> ◦ Temples ◦ Deer ◦ Museums • Night Activity: Conrad 40-Sky Bar and View <i>Sleep: Osaka</i>	5 -->TOKYO • Bullet train to Tokyo • Leave bags in Hostel • TeamLab Borderless • Dinner • Shibuya <ul style="list-style-type: none"> ◦ Shibuya Sky ◦ Scramble Square <i>Sleep: Tokyo</i>	6 TOKYO • Davening and Breakfast at Chabad • Street Go-Kart • Asakusa <ul style="list-style-type: none"> ◦ Temple ◦ Nakamise-Dori • Candle Lighting at Chabad 4:55 PM • Kabalat Shabbat • Dinner <i>Sleep: Tokyo</i>	7 TOKYO • Chabad <ul style="list-style-type: none"> ◦ Shacharit ◦ Lunch ◦ Mincha • Happa-en • Havdalah @ 5:53 PM • Harajuku • Night Activity: Gold Bar <i>Sleep: Tokyo</i>
8 Feb • Breakfast • Zen Garden • Leave for Airport						

PLEASE NOTE:

***Night activities** are optional, shorter excursions. People are welcome to tag along or go to sleep during this time.

***Breakfast** is always served in the morning at the same time people are making sandwiches for lunch.



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WHAT TO EXPECT IN THE FIRST 24 HOURS (AND IN GENERAL)

WELCOME to my backpacking tour of Japan! This is my ninth backpacking tour and I am very excited to bring you guys throughout Japan. I have and will be planning and guiding this entire trip. This is a two-week backpacking trip through the major cities on Japan's main island, Honshu. We will be traveling between cities every day or every other day. During this trip, we will see 6 major cities; Tokyo, Kyoto, Kobe, Osaka, Nara, and Hiroshima, as well as a few smaller towns and islands. This is a backpacking trip, so everyone will be arriving at Haneda airport with a backpack (preferably 75L) that can fit 3 days + Shabbat of clothes and supplies (you will wear the 4th weekday outfit). Please read through the packing list and don't hesitate to reach out if you have any questions.

IN GENERAL, we will be traveling through Japan as a group, most of the time you will be following me around, and in some parts of the day, you will be encouraged to roam around to shop and explore. You will be briefed on the times that it will be appropriate to shop around, and times to stay focused. You will have ample time in every city to wander and see the sights. Some parts may seem rushed, but it's part of the process of seeing many cities in a short amount of time. This is a very intense trip as we will be walking an average of 10- 12 miles a day.

EVERYONE (with limited exceptions) will be arriving on Monday, January 26th at Tokyo Haneda airport where I will pick you up. Once you have landed, you should make your way off the plane and follow signs to Japanese customs, immigration, and quarantine officers' stations. Connect to the airport Wi-Fi and text me that you landed and how you are feeling. Follow the signs to baggage claim, and customs, and meet me outside the secure area. You should not be concerned about finding your way to the hostel from the airport, I will guide you. Before leaving the airport, I will hand you a loaded subway card and a sandwich. After, we will head to the hostel. We are staying fairly close to the airport (about 20 minutes on the monorail).

THE HOSTEL you will be staying at is in Hamamatsucho, Tokyo, and is called "9-hours". This does not imply that we will only be allowed there for only 9 hours, it's just the name. I have a list of where everyone is sleeping every night so don't worry about finding your sleeping arrangements. After meeting everyone and hearing some welcome announcements, fill out the WhatsApp menu for breakfast and lunch for the next day. At night I encourage everyone to upload pictures that they took that day to a google album that everyone is automatically invited to. Please note that if you post pictures to that album, those pictures are now public and can be uploaded to my Instagram, website, or other social media accounts. Get sleep that night, it's common to wake up early or take some time to fall asleep on your first night in Japan. My strategy is not to sleep on the plane to ensure I'll fall asleep once I check into my hostel. If you can't sleep or if you had a bad dream, please don't freak out and call me. It's normal to be off your circadian rhythm, try your best and it will sort itself out over a day or so. We will be staying in Tokyo for 2 nights so the next day you will only need your day bag with water, some food, and electronics.



WHAT TO EXPECT IN THE FIRST 24 HOURS (AND IN GENERAL)

BEFORE WE END THE DAY, I will brief everyone on the time we will be leaving the hostel and what everyone needs for that day. In principle, it is your responsibility to get up in the morning on time and all set to go when needed. Sleeping late or missing your alarm will result in you missing a portion of the day. Most mornings we will be getting up early, so make sure to get sleep responsibly.

THE FIRST MORNING will be an early rise. As mentioned above, I will tell everyone what time to set their alarms and what time I expect everyone to be ready with their day bags for a full day in Tokyo. I will explain what our schedule is and where we will be going. The morning starts with breakfast and sandwich making. We will have sandwich bread and spreads to make lunch with. About an hour after breakfast, we will take a subway to Tsukiji market. This used to be the wholesale fish market of Tokyo, now it's a bustling morning market where you will find freshly caught fish. Several establishments will make a sushi bowl for you if you want. I buy a large slice of fresh tuna for everyone to taste. Other snacks such as rice cakes, and fruit/veggies, and wasabi can be found here as well. Next, we will spend some time walking through the Ginza where I will show you some kimono, knife, and luxury Japanese brands. After, we will walk to the Imperial Palace East Gardens. Next we will take the train to Akihabara where we will see everything related to anime, Japanese film, and internet culture. After shopping and/or playing in the arcade, we will ride a train to the chabad where we will say mincha and maariv (if there is a minyan) and enjoy a three-course dinner. Once we realize that we are jet-lagged and super tired, we will head back to the hostel. Some people might want to walk to the Tokyo tower or explore a bit of the business neighborhood.

WE WILL END our first day by hearing some logistics announcements and filling out the WhatsApp menu for breakfast and lunch for the next day. Get a good night's sleep and prepare for the next day. Some nights there will be an optional night activity. This could either be a lights show, a popular attraction, or just a stroll through the town. You can either hang out in the hostel or join us, up to you. The next day we will be heading to Kyoto so be prepared to carry your big backpacks to and from the train station. I will always end the day by sending the breakfast menu, lunch making time, and telling everyone what time in breakfast and what time we are leaving and how to prepare your bags.

THIS CONCLUDES the first 24 hours of the trip. The next 2 weeks will follow a similar structure. Some days we will be just using a day bag, and some will be with the big backpack. As always, if you have any questions, feel free to reach out to me. Thank you for reading this and I'll see you in Tokyo!

ALL THE HOSTELS and hotels that we are staying at are the 9-hours Hamamatsucho, R-star Kyoto, Guesthouse Kobe Yamato, Sejour Capsule Hotel Hiroshima, J-ship Osaka Namba, and 9-hours Hamamatsucho.

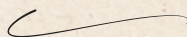


MENU OPTIONS:

Breakfast, Lunch, Dinner

BREAKFAST

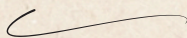
Scrambled/Soft Boiled Eggs
Sashimi (some days)
Steamed Rice
Orange/Apple Juice
Fruits
Vegetables



LUNCH

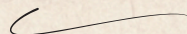
Sandwiches

(Chocolate, PB&J, Biscoff, Vegetable, and Egg)
Vegetables
Fruit



DINNER

Butter Seared Marinated Salmon/Tuna OR Macaroni and Cheese
Pasta continued: Rose Sauce, seared cod marinara, salt-olive oil
Salad
Steamed rice
DIY (Do It Yourself) Sushi
Fruits
Vegetables



CHABAD CATERED MEAL

Soup
Bread and Dips
Fish OR Burgers OR Ramen
Salads
Cookies/Cake



PACKING LIST:

Use this as a guide. You don't have to bring everything, but everything you bring should fit inside your big backpack.

BACKPACKS

- Big Backpack: 75 liter is preferable, or any size that will comfortably hold all the items you choose to bring. Keep in mind that most things that you will need can be bought in Japan, so don't freak out if you forgot something.
- Day Backpack: Should fit a water bottle, lunch, and be used as a carry-on for your flights. It should be able to fit into your 75-liter backpack or on your stomach.

CLOTHING

- The clothing you bring should all be appropriate for temples and hiking. Keep in mind that we will be doing museums, hikes, long train rides, and restaurants all on the same day. An outfit that might be inappropriate for one of those might not be the best choice for this trip in general. I will be wearing a t-shirt and jeans, tzitzit, kippa, winter jacket, and Blundstones for 90% of the trip. I will bring a button-down shirt (that will be worn with jeans) for Shabbat in the Chabad. For anything outside or sacred, I'll be in either a hoodie or softshell. I recommend joining me to a laundromat every few nights. The weather, hopefully, will rarely include rain but that is always a possibility. Prepare for temperatures between 45F and 65F.
- Shirts for 4 days + Shabbat
- Pants for 4 days + Shabbat (I will be packing 4 pairs of pants and wearing one).
- Underwear for 6 days
- Socks for 6 days
- I am bringing a hoodie and a fleece interior softshell jacket
- Hat
- Good shoes: I recommend bringing only one pair, these shoes should be comfortable and able to spend all day in them. Any type of water resistance is recommended. I will be using my Blundstones. If you are going to buy new shoes, it is important to break into them **before** the trip to avoid blisters.
- Wristwatch (mandatory)
- Sleeping wear, sweatpants
- Leggings, skirts
- Slides/slippers



PACKING LIST:

Use this as a guide. You don't have to bring everything, but everything you bring should fit inside your big backpack.

TOILETRIES

- Hand towel
- Toothbrush
- Toothpaste
- Floss
- Mouthwash (also sold widely across Japan)
- Deodorant (mandatory)
- I am bringing a beard trimmer.
- Girls should consider bringing feminine products from the US or Israel. Of course, they can be purchased in Japan, however, sizes and styles will vary. Hair brushes and other types of products should be travel size.
- Ear plugs (for capsule hotels and bullet trains).
- Chapstick/moisturizer
- Laundry bag and other dividers/packing cubes
- Any **medications** must have their prescription or original packaging from the pharmacy. Prescription medications are considered on a case-by-case basis. I recommend asking me if a particular medication you want to bring can be problematic. Generic over-the-counter medications can sometimes be an issue. It is best to let me know what medications you want to bring and I can research the legality of them for you.

OTHER

- Phone
- International drivers permit from AAA or (from Israel) an International drivers permit from the 1949 convention.
- I recommend a tool kit such as a Leatherman or Swiss Army. Keep the knife very small or non-existent. I have a leatherman that has a very dull blade so it is not considered a knife.
- Plastic reusable fork/knife set.
- I will be packing for myself around 15 protein bars. These will not cause me to be thirsty and act as a snack when the days are long. My favorites are from Quest and Kirkland.
- Passport + picture of passport
- Credit card
- Cash (it is recommended to carry \$500 worth of Japanese yen for emergency use



PACKING LIST:

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- Scan-proof passport holder
- Sunglasses (optional)
- Phone chargers (cables and portable chargers)
- Water-tight phone case (I'm going to bring one for electronics.)
- Japanese phrase book (Lonely Planet has a great one, but I highly recommend any phrasebook)
- **If you are not American**, don't forget a power plug adapter, to American style.
- **If you are American**; Japan uses the same style of wall plugs as the US with the same current. However, all their outlets are made for 2 prongs and don't have a 3rd grounding prong. There are adapters you can buy in local convenience stores for a few dollars.

DO NOT BRING

- A knife, any weapons (this does not include Swiss army or Leatherman-style tools). However, do not brandish them in public. Knives can be up to 2.3 inches long (5cm) but are still subject to suspicion. The rule of thumb is "if you don't need it, don't have it." A policeman might not want you to have a knife even if it is within the legal size limits. If you are bringing a Leatherman or Swiss army, please be extremely cautious with it by not carrying it outside the hostel or please leave it at home.
- Speakers
- **Any suitcases, unless granted permission**
- A laptop
- Drones
- **ANY DRUGS**, weed, opioids; anything illegal in Japan. I cannot and will not attempt to help you if the police catch you with any illegal substances. Please note, any vapes, joints, Juul pods, or anything containing any extract, essence, or synthetic THC or cannabis are still very ILLEGAL in Japan. Anyone caught or seen with any illegal substances in Japan (even if you bought or were given these substances within Japan) will be asked immediately to leave and go home. I will take you out of my logistics documents and cancel your hotel rooms without a refund. I will not cover for you and I will not plead with the police to release you to the embassy. If you feel that you cannot go 2 weeks without a fix, then this trip is not for you.



COST BREAKDOWN:

Price: From \$2,750 USD

One must buy their own flights and arrive in Haneda Airport, Tokyo, on the start date and time. To be considered on the trip, you must send me (Jake Tokayer) money for the trip you would like to be on. The normal trip is for two weeks and will be from January 25th to February 8th. If you want to come on the trip but need to come late or leave early, the overall price will decrease by \$100 per day that you are not on my tour.

The two-week tour is \$2,750 (not including flights):

This will cover hotels, rail passes, subway cards, admissions, Chabad meals, regular meals, and various snacks. Cell phone plans, medical insurance, international drivers permits, and travel between Tokyo and Narita Airport are not included in this cost, however, I am very happy to help you get a sim card, organize your travel and even pick you up from Narita Airport, and recommend an insurance plan. **After December 25th, the price of the trip will increase to \$3,000.**

When you sign up for my tour you need to send me:

- Payment for the tour
- Your Email
- Shirt size for complimentary Teahouse Trails merch
- Full name as it appears on your passport
- Nationality of your passport
- Birthday
- Any allergies that you have
- If you have any medical issues that will hinder you from walking 10-12 miles a day
- Signed waiver
- You also need to go to AAA OR (for Israelis) go to an eye doctor clinic, to get your international driver's permit in order to participate in street go-karts. E-copies are not accepted.

Contact Information

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