

便利小物清單(版本1.0)

List of useful goods (version 1.0)

冬季 · In winter



圍巾：在稍微有點冷的時候，如果有一條圍巾的話溫暖效果等同多穿一件衣服。在11月到3月時來訪的話有帶到會很方便。

Scarf: If you have a scarf on a chilly day, it is as warm as a jacket. A scarf is useful from November to March.



手套：一進入冬天連百元店都買得到。

Gloves: You can find gloves at 100 yen shops in winter.



帽子：參加「札幌雪祭」等冬天戶外活動的必備保暖物。

Hat: When visiting outdoor winter festivals such as Sapporo Snow Festival, a hat is essential.



保暖耳罩：參加「札幌雪祭」等冬天戶外活動的必備保暖物。

Earflaps: A hat with earflaps provides even more protection against the cold of outdoor festivals.



丟棄式發熱貼(暖暖包)：藥妝店和便利商店都買得到，長時間待在室外的話會非常有用。

Disposable heating pads: You can buy these at drugstores or convenience stores. When you are outside for a long time, this is nice to stick to your body to provide extra warmth.



防滑作用的鞋子：在雪地上或冰上行走時會很方便，冬天穿一般的運動鞋會很危險。

Nonskid shoes: These are useful when you walk on snow or ice. Ordinary street shoes offer little grip and can be dangerous.



太陽眼鏡：雪地會反射陽光，眼睛會覺得刺眼時這是必備品。

Sunglasses: When the sun is bright, it reflects off the snow and ice. Sunglasses will protect your eyes from the glare.



口罩：讓你吸不到冷空氣的便利小物，冷空氣會造成持續地咳嗽。帶口罩也可預防感冒，在藥妝店便可買得到。

Mask: To avoid breathing cold air, this is useful. Cold air often makes you cough. This is useful to prevent catching a cold as well. You can buy packs of masks at drugstores.



小包面紙：從寒冷的空間進入到溫暖的空間時一不小心就會流鼻水，這時有小包面紙會很方便。車站等地區也常有人在發廣告面紙，當然百元店也都買得到。

Pocket tissues: When you enter a warm place from a cold place, you can get a runny nose. Pocket tissues are easy to carry in your bag or pocket. You will sometimes see people handing out free pocket tissues with advertising on the packet. This is usually at stations. You can also buy them at 100 yen shops.



潤唇膏：冬天的北海道常常會很乾燥，塗潤唇膏可防止嘴唇乾裂。

Lip cream: Hokkaido in winter is usually dry. This is good to prevent getting chapped lips.



護手霜：效果等同潤唇膏，可防止手部的乾裂。

Hand cream: This is good to avoid chapped hands.

夏季 · In summer



折扇：在百元店就買得到，日式折扇作為土特產買回去送人也是不錯的選擇。

Sensu (folding fan): You can buy one at 100 yen shops. Good for cooling yourself in the hot summer, and also good for souvenirs.



吸油面紙：臉上泛油光時用了會很清爽。

Degreasing wet tissues: When you face gets greasy and sweaty, these are incredibly refreshing and cleansing.



長袖外套：即使是在夏天晚上時也會覺得冷，此時有帶到一件長袖外套就很有用。

Long sleeve shirt: Even in summer it is sometimes chilly at night, so a long sleeve shirt is useful.

整年度 · All seasons



攜帶型免治洗淨器：日本很多廁所都有免治馬桶座，但是如果找不到有免治馬桶座的廁所又必需使用時，有帶到這個也可以有一樣的功能。

Handy bottom washer: There are a lot of toilets with water spray in Japan. But, in case you do not find them, this is useful.



雨傘：百元店或便利商店都買得到。

Umbrella: You can buy one at 100 yen shops or convenience stores.



濕紙巾：攜帶型包裝的濕紙巾在百元店或藥妝店都買得到，疲勞時拿來擦臉也可提振精神。

Wet tissue paper: You can buy portable wet tissue paper packs at 100 yen shops or drugstores. You can use them to wipe the sweat of your face, leaving you feeling clean and refreshed.