

We Asked ChatGPT: How to Stay Safe and Comfortable During a Tokyo Summer

Helpful tips for handling Tokyo's extreme heat and sudden weather changes

Welcome to Tokyo!

Please be advised that we are currently experiencing extremely hot and humid summer weather, often referred to as a heatwave. In addition, the atmosphere is unstable, which means sudden showers or thunderstorms can occur at any time, especially in the afternoon or early evening.

Weather Highlights

High temperatures often exceed 35°C (95°F)

High humidity can make it feel even hotter

Sudden rain showers or brief thunderstorms may occur unexpectedly

Important Safety Tips

Stay hydrated: Carry a bottle of water and drink regularly, even if you're not thirsty.

Avoid heatstroke: Take breaks in the shade or air-conditioned areas, especially during midday (11 AM–3 PM).

Be weather-aware: Check weather apps or forecasts before heading out.

Be cautious near rivers or low-lying areas during sudden downpours.

Recommended Items to Carry

A small umbrella or light rain poncho – for sudden showers

A hat or sunshade – to protect against strong sunlight

Sunscreen – to prevent sunburn

A foldable fan or portable electric fan – for staying cool

A hand towel – useful for sweat or sudden rain

Water bottle – reusable bottles can be refilled in many places

We hope you enjoy your time in Tokyo. Stay safe and comfortable during your visit!