

## PACKING LIST – JAPAN’S CULTURE AND COUNTRYSIDE

### Note:

Please follow the packing list closely keeping in mind the expected weather temperatures and conditions. You can expect temperatures in the 60s and 70s during the day with evenings and early mornings beginning in the low 50s. Although October is after the rainy season, you can expect some rain during your visit but should not impede any of your hikes or activities.

**Due to logistics of the trip, please limit your luggage to 1 suitcase/duffle and 1 backpack.**

### FOOTWEAR

- 1 pair of lightweight hiking boots or trail shoes
- 1 pair of comfortable walking shoes for general use
- 2-3 pairs of hiking socks wool or synthetic equivalent: Smartwool, Thorlo, Darn Tough

### CLOTHING

- 1 - 2 pair of comfortable synthetic long and/or ¾ pants for hiking
- 2 - 3 synthetic or lightweight merino wool T-shirts or short-sleeved shirts
- 1 long-sleeved shirt for sun/bug protection - button up front is the best
- 1 - 2 lightweight long underwear top – silk, wool, or synthetic equivalent (e.g., Polartec 200)
- 1 medium-weight top layer: wool shirt/pullover or synthetic equivalent. A lightweight fleece pullover or a fleece vest also works well for this layer
- 1 lightweight ‘puffy’ jacket or heavyweight fleece jacket.
- 1 rain jacket/poncho and rain pants – waterproof/breathable fabric like Gore-tex - not a lightweight plastic poncho
- Underwear/nightwear
- 1 pair lightweight wool, Capilene, or Polartec gloves
- 1 lightweight wool or fleece hat or buff
- 1 wide brimmed or baseball style hat for protection from the sun/rain
- 1 – 2 changes of smart/casual clothes for the cities

### EQUIPMENT/ESSENTIALS

- Passport and a photocopy of your passport
- 1 pair Trekking poles (recommended)
- 1 daypack (see notes on packing list for recommended capacity)
- Capability to ‘waterproof’ your backpack. Either a rain cover or a heavy-duty plastic bag to line your pack.
- Capacity to carry 2 liters of water (Please see Notes on Packing List)
- Sunglasses (100% UV protection) w/retention strap
- Insect repellent
- Small headlamp
- 1 – 2 bandanas/buff
- Ear plugs (for a good night’s sleep!)
- Wristwatch/travel alarm clock
- Snacks for the trail (not provided)
- Electrical plug/socket adapter

### TOILETRIES (small everything)

- Toothbrush, toothpaste, dental floss, hand sanitizer, shampoo, contact lens paraphernalia, sanitary supplies
- Sunscreen and lip protection with sunblock of at least SPF 15
- First aid/patch kit (Band-Aids, safety pin, moleskin, Compeed, blister bandages), ibuprofen, personal medications.

**Please note: Individuals who have had or have the potential for a severe allergic reaction to insect stings, specific foods or medications must bring an epi-pen.** Please consult your physician and tell your guide.

**OPTIONAL (personal preference, not required)**

- \_\_\_ Camera (extra battery) and film/memory card
- \_\_\_ 10 ft light cord and 4-6 clothespins, detergent
- \_\_\_ Book/journal/pencil/pen
- \_\_\_ Compact binoculars
- \_\_\_ folding umbrella
- \_\_\_ Small, lightweight shoulder bag/purse (city bag) for Tokyo day.

## NOTES ON PACKING LIST

Adventures in Good Company's packing list covers everything you need to assure your safety and comfort. You may not use everything you bring; however, you need to come prepared for all possible weather conditions. At the same time, you must be able to carry your own luggage, sometimes up and down stairs.

**Daypacks:** Your daypack should be large enough to hold the following items: 2 liters of water, rain gear, lunch/snacks (for the day), sunscreen, warm layer (fleece pullover or vest), personal first aid kit, lightweight gloves, warm hat and personal items such as camera, etc. **We recommend a daypack with a capacity of 30 Liters (1830 cubic inches)** with a hip belt, padded shoulder straps, and 'lifters'. Line your daypack with a durable plastic bag to keep your belongings dry and/or have an elasticized pack cover that fits snugly over it. Before you leave home check to be sure that it is comfortable to wear all day and has sufficient space for all of the items listed above. **During the trip, there are several days when luggage is sent ahead, and you will not have access for that overnight. Those days you will need to carry more in your day packs. This is the reason for the 30 Liter size recommendation.** Note: Fanny-packs and hydration packs are not large enough to be used for this trip.

**Footwear:** Well-fitting, sturdy boots or trail shoes are very important to your safety and enjoyment. If you plan to buy new boots, break them in by wearing them around town and taking some short hikes *before* your trip. For general hiking, lightweight or midweight cordura or leather boots with a Vibram sole work well. If you have weak ankles or are recovering from an ankle injury, get boots that come above the ankle— you'll find that this will give you more support in uneven or slippery terrain. Remember to waterproof your boots before the trip. Even boots billed as 'waterproof' need to be treated with a waterproofing product.

**Clothing:** The clothing listed on the packing list has been chosen for your specific trip conditions and for its versatility for layering. **NO COTTON** for your activewear! All activewear should be made from synthetic/synthetic blends, down/down blends or wool/wool blends. Layering is the most practical and efficient method of insulating the body. Several layers of varied weight materials provide better insulation than one thick Layer of clothing. Also, adding or subtracting layers allows you to adjust to the temperature at your particular level of activity.

**Nightwear:** There are several places you will be staying that provide kimonos (yukata) for all to wear. You wear these to sleep in and to dinner. Considering that many of the inns do not have central heating (they do have electric heaters in rooms), just be sure your nightwear is warm to sleep in. Many participants use their long underwear (under their kimonos) for nightwear in these locations.

**Rain Gear:** You will need a parka or jacket made of a coated nylon or a waterproof/breathable fabric like Gore-tex, HellyTech, Membrane, H2No, or Ultrex. **Be sure it keeps water out.** Before making this important purchase, be sure that it fits you properly. It should be large enough to fit over all your layers. In particular, the hood needs to be effective. It should shield your face from the rain and turn with your head. Movement of your arms must not interfere with the hood. Put on your daypack; can you still raise your arms? Your wind/rain pants should be comfortable, allow enough

room for your layers, and permit free movement of your legs (for example, can you crouch comfortably?). Partial or full-length leg zippers are useful for easily putting your pants on over your boots. An inexpensive plastic poncho will both leak and tear easily and is not recommended.

**Hydration:** Being able to easily access your water without assistance, so that you can drink frequently, is important to your safety and enjoyment. One method is to have a water bottle attached to your waist strap. Another option is to use a **HYDRATION SYSTEM** such as CamelBak, Platypus, and MSR bladder bags, which are collapsible water bags with a hose attachment that you drink from. The bags fit inside or outside your pack with the hose positioned over your shoulder so that you can access your water as you hike. Bladder bags can hold 1 - 3 liters of water.

**Trekking Poles:** Trekking poles are recommended for this trip. Trekking poles contribute to your safety by improving your balance and stability, and to your health by saving stress on your hips and knees. If you are not familiar with trekking poles, read this blog post that addresses the most commonly asked questions: <http://blog.adventuresingoodcompany.com/blog-women-travel/bid/154714/Trekking-poles-for-hiking-trips-the-4-most-common-questions>.

**Personal First Aid Kit:** Bring a small first aid kit with familiar medicine and first aid supplies you might need. Recommendations include the following: blister or foot remedies like moleskin, Compeed, blister bandages, or similar, a small roll of duct tape (always useful!), remedies for respiratory ailments, stomach ailments, sore muscles, or joints. The guides will have a first aid kit but having what you know works well for you is a good idea

**Snacks:** If you prefer not to bring snacks with you from the U.S., there is an opportunity in Kyoto to purchase snacks but please know the selection will be quite different than in the U.S. – which can be an adventure in itself!