

PACKING LIST

Documents	
Passport	<input type="checkbox"/>
Air tickets	<input type="checkbox"/>
Travel Insurance	<input type="checkbox"/>
Travel Itinerary	<input type="checkbox"/>
Cash and Credit Cards	<input type="checkbox"/>
Copy of ID pages of your passport, glasses prescription, medical prescriptions, plane tickets and emergency info	<input type="checkbox"/>
Clothing	
Medium-weight hiking pants (quick-drying is best)	<input type="checkbox"/>
Short sleeve shirts or first layer	<input type="checkbox"/>
Long sleeve shirts or second layer	<input type="checkbox"/>
Waterproof comfortable hiking shoes with ankle support (well broken-in)	<input type="checkbox"/>
(optional) Walking shoes to wear in villages or for your flights. Hotels provide sandals/flip-flops to wear in their facilities.	<input type="checkbox"/>
Socks	<input type="checkbox"/>
Gore-tex rain jacket with hood AND Gore-tex rain pants	<input type="checkbox"/>
Fleece jacket, vest, or similar insulation to keep you warm when temperatures drop at higher elevations or for early morning departures	<input type="checkbox"/>
Underwear	<input type="checkbox"/>
Sleep wear (Japanese accommodations will provide yukatas. If you are not comfortable or warm enough (mountain nights can be cold!) with these, bring your own sleep wear)	<input type="checkbox"/>
(optional) Thermal underwear (can also be used as sleep wear)	<input type="checkbox"/>
Sun hat with brim	<input type="checkbox"/>
Wool hat and gloves	<input type="checkbox"/>
Bandana/Handkerchief	<input type="checkbox"/>
One additional change of clothes for the flight home	<input type="checkbox"/>
Personal Items	
Toothbrush/toothpaste (often provided at accommodations)	<input type="checkbox"/>
Toiletry kit (as small and light as possible)	<input type="checkbox"/>
Sunscreen	<input type="checkbox"/>

Documents	
Insect repellent	<input type="checkbox"/>
First-Aid Kit	<input type="checkbox"/>
Medicines and prescriptions: You are responsible for bringing all your prescriptions and over the counter medications, including an EPIPEN.	<input type="checkbox"/>
(As needed) Ear plugs and eye mask	<input type="checkbox"/>
Extra pair of prescription glasses or contact lenses	<input type="checkbox"/>
(optional) Travel wash or soap for laundry	<input type="checkbox"/>
Equipment	
Fanny pack large enough to hold passport and other personal items	<input type="checkbox"/>
Cell phone with electrical plug/socket adapter	<input type="checkbox"/>
Sunglasses	<input type="checkbox"/>
Water bottle (or water bladder that fits your backpack)	<input type="checkbox"/>
Hiking poles	<input type="checkbox"/>
Small torch/flash light (or charged cell phone)	<input type="checkbox"/>
(optional) Swiss Army knife (put in checked baggage)	<input type="checkbox"/>
Coffee (in small inns in Japan, coffee may not be readily available or not available at all. It is typical in Japan for rooms to be furnished with an electric water pot for making hot water for green tea. If you want/need coffee, we recommend that you bring your own supply (instant, coffee bags), just to be sure.	<input type="checkbox"/>
Small notebook and pen	<input type="checkbox"/>