

SHINETSU TRAIL EQUIPMENT LIST

October is one of the most pleasant month to visit Japan as the weather remains warm with an average temperature of 17.5 Celsius in Tokyo, 13.3 Celsius in Nagano. Expect a few degrees cooler than towns during the hike since the trail runs at an average of elevation of 1000 meters.

✓	Gear & Clothes List	Notes
	Hiking Boots	These should be 'broken-in' and have good ankle support and tread. Your boots will make or break your holiday so some time spent getting used to them is time well spent.
	Running shoes or other light weight footwear	Backup in case you get blisters and also for use hike around Tokyo
	Backpack	30L-40L Pack. Large enough to carry extra clothing (rain jacket & pants, sweater, gloves, hat), lunch and snack food, water bottle and camera plus accessories
	Pack Cover	Keep your backpack dry when it rains
	Socks	several changes. We suggest a wool blend for comfort.
	Walking Poles	Highly Recommended
	Gaiters	optional for hiking in Japan, help to keep feet dry when hiking in rain, mud
	Pants	comfortable and quick drying, not cotton
	Base Layer	Light weight polypro top, not cotton
	Long Sleeve	medium or expedition weight polypropylene top, not cotton
	Outer Jacket	fleece jacket or sweater, down sweater
	Rain Jacket with hood and Rain Pants	sufficient to withstand a day of rain or snow
	Head Gear	Wool or fleece hat, sunhat
	Gloves	Light gloves or mitts
	Sunglasses	Sunglasses
	Sunscreen	Sun block, Lip balm
	Water Bottle	Minimum 1 Litre
	Writing Implement	Pen, Log book
	Small blister & Personal first aid kit	Bring enough tape and blister treatment pads for personal use as well as double the amount of prescription medication so your guide can store an extra set with the group First Aid Kit in case something happens to your personal supply.
	Your own medication	Personal use only
	Watch	

※Other Useful Items for your trip

- Camera (Battery, Charger, Memory Card)
- Binoculars
- Wet wipe
- Swimwear (at most of hot springs, we take off all clothes before entering. They have separate male and female sections so no surprise!)
- Insect repellent
- Candy, trail bars (Bring your favorite trail snacks for the hike)