

Packing Checklist

Japan Pilgrimage Trail

Come prepared for all kinds of weather! Choose dual-purpose, lightweight clothing that you can efficiently layer. Merino wool and synthetic fabrics like polar fleece are recommended over anything cotton or denim for their quick-drying and sweat-wicking capabilities. If you're not sure what any of the items in the packing list are, please ask us or your nearest outdoor outfitter. We want you to be Girl Scout-prepared for your adventure ahead!

💡 Hot tip: Before your trip, become well-acquainted with your gear—especially your hiking boots, poles (if desired) and backpack. Wear your day pack on training hikes and gradually increase the weight that you are carrying so when you strike off on day one, your pack feels snug like your favourite pair of jeans!

Required Items

- Main piece of luggage: a sports bag with wheels, a soft-sided suitcase or backpack (30-50L)
 - You will be using public transportation (i.e. rail) during this trip and will be responsible for carrying your own gear during travel (please do not pack more than you can carry!)
- Daypack (25-30L). This will be for carrying water, a camera and raingear. Backpacks with a waist and chest strap are essential for long days in the hills to alleviate weight from your shoulders
 - Note there are three nights on this trip (Days 2, 5, 6) where you will pack everything you need for those days in your day pack, and your main luggage

will be shuttled to the Day 7 hotel.

- A snug rain cover for your daypack
- Hiking boots (ankle high): Ensure they are well-loved (worn-in) and waterproof
- Waterproof, breathable hooded rain jacket AND pants
- Water bottle, Camelback or similar: should be able to carry 2-3L per day

Recommended Items

- Sandals or flip flops for evenings and casual wear around hotels
- Trail runners/running shoes: as an alternate option to change into when your boots are soggy!
- Socks: opt for merino brands like Smartwool or Darn Tough
- Fleece/down jacket/wool sweater: one or two
- T-shirts - cotton and/or quick-dry
- Long-sleeve shirts: cotton and/or quick-dry
- Lightweight pants: at least one quick-dry pair is recommended
- Shorts (one quick-dry)
- Underwear and good support, comfortable bras as needed
- Pyjamas
- Sun hat/baseball cap
- Warm hat: wool/fleece
- Fleece gloves or mitts (especially if using hiking poles)
- Casual wear to change into for evenings at hotel and during travel
- Sunglasses: with a retainer strap (optional)

- Telescoping hiking poles: these are not essential but we highly recommend them for additional support.
- Toiletries: shampoo, conditioner, toothbrush, toothpaste, soap, facecloth (if desired), glasses/lenses, feminine hygiene products, wet wipes, hand sanitizer etc.
- Personal First Aid Kit (Ibuprofen/ASA, Band-aids, second skin, adhesive tape, antihistamines, anti-nausea tablets, Polysporin, Imodium, throat lozenges, extra prescription medication you may be taking—pack it separately), blister kit if you're prone (2nd Skin, Compeeds or moleskin)
- Blister kit: 2nd Skin, Compeed gel plasters (these are game changers!), [hike-goo](#), Vaseline etc.
- Prescription medications: Bring in duplicate and pack separately
- Sunscreen and Insect Repellent
- Headlamp
- Ziploc baggies (various sizes), dry bags for waterproofing your daypack contents
- Ear plugs (recommended for shared rooms)
- Charger, adapter plug for electronics
- Travel alarm clock/watch (smaller inns won't have wake-up call service!)
- Adapter plug/power converter (for more info, visit this link: [MEC Adapter & Converter](#))
- Mobile Phone with WhatsApp installed & charger

Optional Items

- Hiking gaiters: they will keep your boots and socks dry on the muddy, boggy trails
- Bandana/Buff

- Small pillow (for travel)
- Light sleeping bag liner (not required - all accommodations provide bedding)
- Swimsuit (note that swimwear is not permitted in most public onsens)
- Camera: memory cards and batteries/charger
- Binoculars (check customs - some countries do not permit this item)
- Travel alarm clock
- Pencil, notebook/journal/sketchbook
- Reading material
- Energy snacks and drinks: You may wish to bring an emergency "hangry stash" if you have special dietary needs or personal favourites. These can also be purchased locally
- Alcohol-based sanitizer and face masks

Essential Documents

- Passport: stored in a waterproof wallet/Ziploc bag
- Copies of your passport, medical insurance, air tickets (pack separate from the originals)
- Money: cash in local currency, credit/debit cards with pin number for cash withdrawals
- Air tickets and itinerary

Packing Notes

Luggage Logistics

Prepare for lost or delayed luggage by wearing or carrying on the items that are essential to your expedition (like your hiking boots, rain coat and fleece!). When packing your carry-on try to include what you would need to be comfortable for your first few days in case your checked baggage is misrouted by the airline (rain gear, medications, itinerary, snacks, change of socks/underwear).

As a general rule, don't bring more than you can carry! This will help ensure smooth-as-pudding transfers in airports, through customs, hotels, and loading vans/trailers/boats. On adventure travel trips it is best to travel with one larger check-in bag and one carryon bag. Most airlines have reduced the weight maximums for checked bags to 50 lbs (22kg). Be sure to check with your airline for weight restrictions and carry-on allowances. We recommend soft-sided luggage or a medium duffle bag or backpack of 30 - 50L (your checked bag) and a medium daypack of 25 - 30L (your carry-on bag) for this adventure. You will be using public transportation (i.e. rail) during this trip and will be responsible for carrying your own gear during travel.



Your day pack should be 25 - 30L and be able to accommodate your essentials for one night (day Day 2 to Day 3) and then another two nights (Day 5 to Day 7). This way all you need to worry about is a smaller pack on your back and not be concerned about rolling around a suitcase onto trains and buses. You might find packing a smaller collapsible/packable day pack handy and 1 - 2 small dry bags or stuff sacks or Ziplocs, to pack your clothing into so they are easily removed from your day pack.



Luggage Transfers: This trip takes advantage of Japan's efficient public transportation system to get around. In order to best facilitate this, we have arranged luggage transfers between Osaka and Yunomine/Watarase (one night), and then Yunonime/Watarase to Kyoto (two nights). This means you will not have your main luggage with you for a total of 3 nights on trip.

Resources for Buying Outdoor Gear & Clothing

- Mountain Equipment Co-op, REI, SAIL, Atmosphere, Sportchek
- Borrow: Why buy when you can borrow from a friend?
- Variety/Value Village, Goodwill, Salvation Army and online swap sites are also great places to find second-hand gear for a fraction of the price.

**Reduce, Reuse,
Recycle, Rewear!**