

Packing Checklist

Sacred Japan

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!



Your day pack should be 25 - 30L and be able to accommodate your essentials for 2 nights (nights 2, 3) and then another three nights (Day 8, 9, 10). 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, buses, ferries, and one domestic flight. A small dry bag, stuff sack or Ziplocs to pack your essential clothing and other items into may come in handy for easy organization.



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 Tokyo and Kyoto (2 nights nights), and then Misasa to Tokyo (three nights). This means you will not have your main luggage with you for a total of 5 nights on trip.

Required Items

- Main piece of luggage: a sports bag with wheels, a soft-sided suitcase or backpack with small padlocks or combination locks.
 - 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: Choose one with supportive shoulder straps and a waist-strap. It should be large enough for a water bottle, raincoat, fleece and camera/phone, snacks, and essential overnight items. Recommended size: 25 - 30 litres (2000 cubic inches). A rain cover for your pack is recommended too—make sure it's of the appropriate size.
 - Note: there are 5 nights on this trip (Day 2, 3, 8, 9, 10) where you will pack essentials only in your day pack, and your main luggage will be shuttled to Kyoto in the middle of the trip and then back to Tokyo from Misasa.
- 1 pair of tried-and-true hiking boots that are well-loved and broken-in (if you prefer the ankle support). Lightweight and breathable footwear with rugged soles are key (bring a pair of spare laces too). KEEN, Merrell, Vasque and Salomon brands are popular for good reason. Trail runners like La Sportiva are a great alternative as well, but lack ankle support.
- Rain gear: a lightweight poncho or waterproof hooded windbreaker and waterproof pants

Water bottle with a carabiner (to attach to your pack), Camelback or similar to carry 1 - 2L per day.

Recommended Items

- An extra pair of running shoes or sandals/flipflops to wear in the evening (hotels in Japan often provide slippers)
- Lightweight pants: at least one quick-dry pair is recommended
- Jeans and/or leggings
- Shorts (quick-dry)
- Socks (Darn Tough or Smartwool are recommended)
- T-shirts (quick-dry is best)
- Underwear and bras as desired
- Lightweight pyjamas
 - Note: most Japanese hotels, inns provide pyjamas and a robe (yukata), and slippers. It is custom to wear a yukata to dinner, especially after a soak in the onsen!).
- Long sleeve shirt/baselayer
- Fleece jacket, pullover or vest
- Brimmed sun hat or baseball cap
- Sunglasses
- Toiletries (ideally biodegradable): toothbrush, toothpaste, soap, lip balm small travel towel, prescription medications (bring in duplicate and pack separately), glasses/lenses, feminine hygiene products
- Personal first aid kit: for any essential items that you know you'll need (e.g. motion sickness pills, blister kit). Your guides will carry a group first aid kit.

- Blister kit: 2nd Skin, Compeed gel plasters (these are game changers!), [hike-goo](#), Vaseline etc.
- Sunscreen (SPF 15+)
- Ziploc baggies of various sizes for waterproofing stuff
- Ear plugs (recommended for shared rooms)
- Small flashlight or headlamp
- 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](#))
- Alcohol-based sanitizer and face masks
- Mobile Phone with WhatsApp installed & charger

Optional Items

- Pencil, notebook/journal/sketchbook
- Book/Kobo/Kindle
- Energy snacks and drinks: while snacks will be provided, you may wish to bring your faves - there are many opportunities to purchase snacks on trip
- Portable charger or spare battery for electronics
- Bandana/Buff
- Camera, memory cards, batteries/charger
- Small calculator for currency conversion
- Swimsuit (note that swimwear is not permitted in most public onsens)

Essential Documents

- Passport: stored in a waterproof wallet/Ziploc bag
- Money: JYP (local currency), credit/debit cards with pin number for cash withdrawals
- Air tickets and itinerary, insurance information
- Copies of passport, flights, insurance info (store separately from originals)

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 (22 kg). Be sure to check with your airline for weight restrictions and carry-on allowances. We recommend soft-sided rolling luggage or a medium 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.

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!**