



WILD WOMEN

EXPEDITIONS

Japan Pilgrimage Trail

Packing Checklist

 **Fabric Note:** We recommend that you choose multi-purpose, quick-dry clothing such as Patagonia Capilene (recycled polyester fabric) base layers and merino wool socks. Proper layering is essential! You can bring cotton or denim items but be aware that they won't be easy to wash or dry.

 **Travel tip:** Checked luggage can often get lost or delayed in transit. It's wise to wear all the items essential to your trip on the plane (ie. hiking boots, fleece) and pack your raincoat, waterproof pants, camera/phone, paperwork and medications in your carry-on. If space permits, pack a change of socks, underwear and an extra t-shirt.

 **Gear 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!

 **Hot tip:** Always check the weather in your destination in the week leading up to your trip!

 **Luggage Transfers:** On this trip, there will be two luggage transfers where you will not have your main luggage with you for certain nights (Night 2 and Night 7). On these nights, you will need to pack a minimum amount of gear that you will carry with you on the trail (i.e. your regular day-pack items + essential toiletries and a minimal change of clothes). Your guide will provide you with clear instructions on what to pack the night before your luggage will be transferred.

Below is a list of required, recommended and optional items to bring on your Wild Women Expeditions adventure. This list is provided as a guideline and is not exhaustive, nor do you need to bring everything on it (unless it is *required*). Think about how you travel and what works best for you. If you know you'll never wear or use a particular item on this list, don't worry about it!

Required Items

- Main luggage: suggested small to medium sized suitcase with rollers (soft or hard sided is fine), or travel duffel with rollers; travel backpacks are fine too (40-60L), but keep in mind that you need to carry this along with your day pack in the airport and from vehicles to your accommodation. Note: 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, your phone, extra layers, camera (optional), 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 two nights on this trip (Days 2, 7) where you will pack everything you need for those days in your day pack, and your main luggage will be shuttled to the next hotel.
- A snug rain cover for your daypack
- Hiking boots: 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
- If you are bringing your own hiking poles, these must have **rubber tips** (local regulations)

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 hiking 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 hiking pants: at least one quick-dry pair is recommended
- Shorts (one quick-dry)
- Underwear and bras as desired

- Pyjamas - most Japanese hotels, inns provide pajamas, a robe (yukata), and slippers. It is customary to wear a yukata to dinner, especially after a soak in the onsen!).
- Sun hat/baseball cap
- Warm hat: wool/fleece
- Bandana/ Buff
- 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 with **rubber tips**
 - Note: you cannot pack hiking poles in your carry-on luggage, they must be checked in.
 - Carrying hiking poles with you is highly recommended on this hike for safety reasons, in the event of a mild strain or injury while hiking.
- Toiletries as needed
- Personal First Aid Kit
- Blister kit suggestions: 2nd Skin, Compeed gel plasters, [hike-goo](#), Vaseline etc.
- Prescription medications: Bring in duplicate and pack separately
- Sunscreen (SPF 15+) and lip balm with sunscreen
- Insects 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
- Mobile Phone with WhatsApp installed & charger

Optional Items

- Portable battery/power brick for charging phone and items while hiking
- Swimsuit (note that swimwear is not permitted in most public onsens)
- Ziploc baggies to waterproof items in day pack or a small dry bag
- Pencil and Notebook/Journal
- Reading material
- Face masks, hand sanitizer
- Favourite energy snacks: there will be many opportunities to purchase snacks in Japan

Essential Documents

- Passport (with photocopies or stored on phone)
- Travel insurance (with photocopies or stored on phone)
- Airline tickets (with photocopies or stored on phone)
- Local currency, ATM and credit cards
- Wild Women Expeditions Trip Details and Bulletins (saved to your phone for easy access on or printed, your preference)
- Any entry visas or vaccination certificates as required

Resources for Buying Outdoor Gear & Clothing

- Mountain Equipment Company, SAIL, REI, Sportchek, Atmosphere
- Borrow: Why buy when you can borrow from a friend?!
- Thrift stores and online swap sites are awesome places to scour for second-hand items.
- Reduce, Reuse, Recycle, Rewear!

Gear Note: We want you to be super Girl Scout-prepared for this trip! If you are unsure about any of the items on this list, ask us! Or, talk to the staff at your local outfitter. They love to chat about gear and will expertly kit you out!