



WILD WOMEN

EXPEDITIONS

Sacred Japan

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.

 **Hot tip:** Before your trip, become well-acquainted with your gear—especially your hiking boots/shoes, 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 (Nights 2 & 3). 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*), if you know you will never use it - think about how you travel and what works best for you.

Required Items

- Main luggage: suggested small-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. 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: A 20L-30L pack should be sufficient for your water bottle, packed lunch, raincoat, fleece sweater, camera/phone and personal items. 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.
 - **Note:** there are 2 nights on this trip (Day 2, 3) where you will pack essentials only in your day pack, and your main luggage will be shuttled to Kyoto while you walk the Nakasendo trail and visit Ise.
- A rain cover for your pack is recommended too—make sure it's of the appropriate size.
- 1 pair of lightweight breathable hiking boots that are well-loved and broken-in (if you prefer the ankle support). Trail runners are a great alternative as well, but lack ankle support.
- Waterproof, breathable hooded rain jacket AND pants
- Water bottle with a carabiner (to attach to your pack), Camelback or similar to carry 1-2L per day.
- Rubber tips if you are bringing your own hiking poles

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 pajamas - 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!).
- Long sleeve shirts/baselayers
- Fleece jacket, pullover or vest
- Brimmed sun hat or baseball cap
- Bandana/Buff
- Warm hat: wool/fleece and gloves
- Sunglasses (with retainer strap)
- Personal toiletries
- Personal first aid kit
- Blister kit suggestions: 2nd Skin, Compeed gel plasters (these are game changers!), [hike-goo](#), Vaseline etc.
- Sunscreen (SPF 15+) and lip balm with sunscreen
- Insect repellent
- Ziploc baggies of various sizes for waterproofing stuff, dirty items, or wet items
- 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
- Alcohol-based sanitizer and face masks
- Mobile Phone with WhatsApp installed & charger

Optional Items

- Pencil, notebook/journal/sketchbook
- Book/e-book
- Favourite energy snacks - there are many opportunities to purchase snacks on trip
- Camera, memory cards, batteries/charger
- Swimsuit (note that swimwear is not permitted in most public onsens)

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!