



Packing List

KUMANO KODO & KOYUKAWA TOUR

1 pair: pants/shorts

As there are just so few long, hot days, we suggest all clothing is comfortable and of quick-dry fabric.

1 short-sleeved shirt or singlet

1 long-sleeved shirt or singlet

1 thermal long pants and top

1 pair: fleece pants

1 waterproof, warm or tear-up walking boots

With good ankle support and treaded soles.

1 pair: walking socks

1 or more pairs.

1 two-socket fire resistance socks

(optional but recommended).

A fire fire sock under a third sock can assist in the prevention of blisters.

1 underwear

1 waterproof and warmproof pants

Not merely water resistant, we walk in high mountain areas and it is likely that we will walk through rain.

1 waterproof pants

(optional but recommended).

1 hat/cap and sunscreen

1 gloves

We suggest 1 pair, not just waterproof and the other a thinner or less pair.

1 fleece and wool or a knit glove

1 hat/cap

For use in the thermal springs or knowledge of rain and weather points.

1 leggings and/or 1 shirt to roll up as legwarmers

Leggings, a pullover or light cotton wrap around Japanese drawing pants and a jacket for extra warmth is worn in the winter. Leggings can also be used in spring, as are protective all the Japanese wear on rainy days. For reasons of mobility and comfort, leggings or shorts and a T-shirt to wear under the pullover are recommended.

1 Day pack

Approximately 20 liter capacity to carry food, water for the day and extra weather gear. We recommend a quick drying pack with water storage support the weight of the pack.

1 Waterproof pack cover

1 Warm, fleece and/or water bladder (maximal pack weight 1.5 - 2 liter capacity)

1 Day bag

For bringing passengers, clothing and other items dry in the event of rain.

1 Personal medication and vitamins

Please note that disposable medications, toothpaste, body wash, shampoo and conditioner, handgels and usually disposable tissues or tissues are provided at the apartment area and hotels along the tour.

1 Personalization advice

Example: Compass, outdoor maps, hand sets, electronic maps.

1 Hand sanitizer

Small bottle or 1 liter of hand sanitizer.

1 Walking poles and gloves if desired

Walking poles may be available for purchase at most of our stops.

1 Camera

1 Charger and adaptor

1 Japanese currency

To pay for meals not included, drinks and other personal services along the way. The traditional Japanese way that we stay at our usually only take cash as payment for any additional drinks or snacks. We suggest ¥10,000, in paper, while the average credit cards commonly used in most of our stops will be found at some of our 100+ stops. There will be limited access to ATMs along the route.

1 Passport

In Japan it is necessary to carry your passport with you at all times.

1 Copies of your travel documents

Passport, travel insurance and emergency contact numbers.

1 Coffee or tea bags (optional)

All our guests have tea and coffee provided. If you desperately need coffee or coffee tea at the morning/afternoon break along coffee or tea bags and strong tea will be available in convenience stores in Japan.

1 Protein bar/snack (optional)

For energy snacks during the walk.

1 Fridge or food bar/snack (if optional)

Available at the end of the mountain trip with tea, vegetables and usually grilled fish. There are some other options for drinks, milk for cereal is not readily available. You will need to bring along some long the walk, as you require milk with your morning meal.

1 Small to medium backpacking for shopping

The route is dry or wet and usually small and center located shops and accessible by narrow mountain roads. Large markets and shops are not appropriate and are not recommended for most of our guests. We recommend bringing two small backpacks, one at the end of the tour and one for shopping during the tour and one for shopping ahead in our hotel or the final night.