



Packing List

NAKASENDO & KISO VALLEY TOUR

2 pairs pants/shorts

As there are not too far long for pants, we suggest all clothing is comfortable and of quick dry fabric.

2 short-sleeved shirts or tops

2 long-sleeved shirts or tops

1 new/1 used jacket

Waterproof, wind or tear-up walking boots

With good ankle support and treaded soles.

1 pair walking socks

1 or more pairs.

1 pair walking liner socks/short socks

Approximately recommended.

A thin liner sock under a thick sock can assist in the prevention of blisters.

1 underwear

Waterproof and windproof jacket

New (cheap) water resistance, we walk in high altitude areas and it is likely that we will walk through rain.

Waterproof pants

Optional but recommended.

1 hat/cap and hairband

1 gloves

We suggest 2 pairs, one pair waterproof and the other a thinner or less pair.

1 boots and socks in a mesh bag

1 bagging and a 1 liter or 1.5 liter or 2 liter soft bag

Typically, a plastic or light-colored waterproof bagging (stronger, heavier, greater and/or better for water resistance) is water-resistant. An alternative can also be used to store things, are practical and the waterproof ones are easy to find. However, all moisture and comfort, bagging or shoes and a 1 liter or more under the plastic are recommended.

1 day pack

Approximately 10 liter capacity or carry handle, water for the day and some weather gear. We recommend a good quality pack with water storage support the weight of the pack.

Waterproof pack cover

1 warm boots and/or water bladder

Insulated pack with 1.5 - 2 liter capacity

1 best laundry bag (optional)

These socks are approximately 10-12 liter capacity, it is functional in some nights.

1 dry bag

For keeping passports, clothing and other items dry in the event of rain.

1 Personal medication and vitamins

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

1 Personal first aid kit

Example: Compress, rubber band, band aids, antiseptic cream.

1 Hand sanitizer

Small bottle or 1 liter or 2 liter.

1 Walking poles and gloves if desired

1 Camera

1 Chargers and adapters

1 Japanese currency

To pay for meals not included drinks and other personal purchases along the way. The traditional Japanese yen that we may go with usually only take cash as payment for any additional services in shops. We suggest 10,000 yen in Japan, which is about enough credit cards commonly used in Australia can usually be found at your office or 100 yen shops. There are also some services in Japan, 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

Passports, travel insurance and emergency contact numbers.

1 Coffee or tea bags (optional)

As most people prefer tea and some people coffee. If you desperately need coffee or coffee tea in the morning, please bring along coffee or tea bags and bring the milk. There are all services in convenience stores in Japan.

1 Protein bar/snack (optional)

For energy snacks along the route.

1 Fertilizer or Great bacteria/fertilizer (optional)

Available at the store in traditional style with rice, vegetables and usually green tea. While there is a lot of water water for drinks, make the most of it. Not really available. You will need to bring along small bag of milk powder if you require milk for your child.

1 Small to medium waterproof bag for shopping

These items are easy to get along small and can be used outdoors, and available by convenience stores. Large markets are therefore not appropriate and are also expensive for most of the public transport before and after the route. We recommend bringing two small/medium waterproof bags or bags in Japan, one for shopping during the tour and one for shopping around in our hotel area after night.