



## Packing List

### NAKASENDO & KISO VALLEY TOUR

- 2 pairs pants/shorts**  
At least one pair to be long. No jeans.  
We suggest all clothing is comfortable and of a quick dry fabric.
- 3 short sleeved shirts or tops**
- 2 long sleeved shirts or tops**
- Polar fleece jacket**
- Waterproof, worn-in lace up walking boots**  
With good ankle support and treaded soles.
- Thick woollen socks**  
4 or more pairs.
- Thin woollen liner socks/toe socks**  
For wearing under thick socks (optional).  
A thin liner sock under a thick sock can assist in the prevention of blisters.
- Underwear**  
Enough for 5 days  
NB: There is an opportunity to launder clothes partway through the tour.
- Windproof and waterproof jacket**  
Not merely water resistant; we walk in high rainfall areas and it is likely that we will walk through rain. Waterproof pants are optional.
- Hat/Cap and sunscreen**
- Gloves/beanie/scarf (optional)**  
For cooler mornings.
- Leggings and a T-shirt to relax in at night time**  
Slippers, a yukata (a light cotton wrap-around Japanese dressing gown) and a jacket for extra warmth to wear in the inn (the yukata can also be used to sleep in), are provided at all the Japanese inns we stay at. For reasons of modesty and comfort, leggings or shorts and a T-shirt to wear under the yukata are recommended.
- Day pack**  
To carry lunch, water for the day and wet weather gear. We recommend a good quality pack with waist strap to support the weight of the pack.
- Waterproof pack cover**
- Mesh laundry bag (optional)**  
There will be an opportunity to wash clothes at a laundromat on one night.
- Water bottle and/or water bladder**  
(camel pack).
- Dry bags**  
For keeping passport, clothing and other items dry in the event of rain.
- Personal medication and toiletries**  
Please note that disposable toothbrushes, toothpaste, body wash, shampoo and conditioner, hairdryers (and usually disposable brushes or combs) are provided at the Japanese inns and hotels along the tour.
- Personal first aid kit**  
Example: Compeed, walkers wool, band aids, antiseptic cream.
- Hand sanitiser**  
Small bottle to fit into daypack.
- Walking poles (and gloves if desired)**
- Camera**
- Chargers and adaptors**
- Japanese currency**  
To pay for meals not included, drinks and other personal purchases along the way. The traditional Japanese inns that we stay at will usually only take cash as payment for any additional drinks or snacks. We suggest 40,000 JPY. In Japan, ATMs that accept credit cards commonly used in Australia can usually be found at post offices or 7/11 stores. There will be an opportunity to go to an ATM at a post office in two towns.
- Passport**  
In Japan it is necessary to carry your passport with you at all times.
- Copies of your travel documents**  
Passport, travel insurance and emergency contact numbers.
- Coffee or tea bags (optional)**  
All inns provide green tea but for those who desperately need coffee or other tea in the morning it is a good idea to bring along coffee or tea bags. There is hot water at breakfast to make a cup of coffee.
- Protein bars/nuts (optional)**  
For energy snacks along the walk.
- Cereal Sachets/Milk (optional)**  
Breakfast at the inns is traditional style with rice, vegetable and usually grilled fish. You may wish to bring porridge sachets or cereal with you. Whilst there is access to hot water for drinks, milk for cereal is not readily available. You would need to bring along small long life milk packs.