

## Kumano Kodo EQUIPMENT LIST

April is often considered the best time to visit Japan because the cherry blossoms are in full bloom in most regions of the country and the weather is pleasantly mild. During the trip expect temperatures a few degrees cooler than in the towns as we hike at significantly higher elevations. The Kii Peninsula is one of the wettest places in Japan and the weather can change dramatically within one day. It is important to be prepared for the worst conditions at all times.

✓	Gear & Clothes List	Notes
	Hiking Boots	These should be 'broken-in' and have good ankle support and tread. Your boots will make or break your holiday so some time spent getting used to them is time well spent. Bring running shoes or other light weight footwear as backup in case you get blisters and also for use around cities and temples.
	Backpack	30L-40L Pack. Large enough to carry extra clothing for 2 days + rain jacket & pants, sweater, gloves, hat, lunch and snack food, water bottle and camera plus accessories
	Pack Cover	Keep your backpack dry when it rains
	Socks	several changes. We suggest a wool blend for comfort.
	Walking Poles	Highly Recommended
	Gaiters	optional for hiking in Japan, help to keep feet dry when hiking in rain and mud
	Pants	comfortable and quick drying, not cotton
	Base Layer	Light weight synthetic top, not cotton
	Long Sleeve	Medium weight synthetic top, not cotton
	Outer Jacket	fleece jacket or down jacket
	Rain Jacket with hood and Rain Pants	sufficient to withstand a day of rain or snow
	Hats	Sunhat and warm hat
	Gloves	Light gloves
	Sunglasses	Sunglasses
	Sunscreen	Sun block, Lip balm
	Water Bottle	Minimum 1 L
	Writing Implement	Pen, Log book
	Small blister & Personal first aid kit	Bring enough tape and blister treatment pads for yourself as well as <b>double the amount of any prescription medication you require</b> so that your guide can carry a backup supply with the group First Aid Kit in case something happens to your personal supply.
	Watch	

※Other Useful Items for your trip

Camera (Battery, Charger, Memory Card), Binoculars, Wet wipes, Swim wear (optional), at most onsen (hot springs) the genders are segregated and most folks are in the buff, Insect repellent, Candy, trail bars Bring your favorite trail snacks for the hike