



## WHAT TO BRING ON YOUR **HIKE + BIKE JAPAN** ADVENTURE

### ***ALPS SUMMIT TO SEA - AN EXTREME FASTPACKING ADVENTURE LIKE NO OTHER***

This is a demanding trip in fastpacking style, meaning we'll cover a lot of terrain with serious elevation gain and loss at an aggressive pace, with a full kit of gear. We will begin our journey hiking on snow in early morning on day one, and likely finish to extreme coastal heat and humidity on the early evening of day two. Sandwiched in between will be a nearly 3,000 m summit and a night tent camping above 2,100 m. Temperatures could drop to near freezing, so good, lightweight gear and comprehensive kit is necessary for this adventure. This guide is a good starting point to help you plan, pack and prepare - but feel free to contact us with any general questions or detailed inquiries about specific items! Your safety and comfort is our priority, and we take our job seriously.

#### REQUIRED GEAR

Headlamp <i>w/ fresh batteries</i>	A good, bright headlamp is a necessity for safe navigation during our early start on day 2, as well as for around the campsite when we overnight. At least 200 lumens is best.
Spare set of batteries for headlamp	It is always good practice to carry an extra set of batteries when you plan on using your headlamp for an extended period.
Rainwear ( <i>jacket and pants</i> )	Fully waterproof, full-body rainwear is essential. Even if the forecast is good at lower elevations, anything can happen on the mountain. Cheap throwaway ponchos should be avoided.
Hat	A basic hat and gloves, to wear at higher elevations, during breaks and overnight are required, even if we don't end up using them. Don't underestimate the cold. These can be thin.
Gloves	
Down jacket ( <i>or warm synthetic jacket</i> )	Temps will likely be around 5 to 10 degrees at night in the summer, but could drop lower.
Insulated mid-layer ( <i>fleece or sweater</i> )	As we climb higher and higher, you will likely want to add another layer for on the move, over your t-shirt or long-sleeve shirt base layer. A simple fleece or sweater will do the trick.
Trail Running Vest or Backpack	Something in the neighborhood of 20 to 30 liters should be plenty enough space to pack all that you need for this trip.
Crampons*	We will encounter snow on the initial steep climb up to Mt. Shirouma. Having a pair of crampons and the aid of trekking poles will greatly aid your balance and grip when climbing. We will rent crampons, but you will need to provide your own poles, unless you have a satisfactory level of experience without them AND your shelter doesn't require them for setup.
Trekking poles*	
Trail running shoes	There is a lot of distance and vert in a short time. We will be pushing the pace, and you will not be able to get away with heavy boots. Trail running shoes offer the perfect versatility to get you comfortably and safely all the way to the ocean.
Sunglasses	A must-have for every trip to the mountains, this one included.
Tent / Tarp / Bivy	This depends your preference derived from you experience, but you'll need a lightweight, packable shelter to sleep in.
Sleeping Bag / Quilt	Something small, lightweight and comfortable down to at least 5C is recommended. Down offers the best warmth to weight.
Sleeping Pad	A light foam pad is sufficient, but air mattresses work as well.

<b>Trekking pants</b> <i>(or shorts and tights / leg sleeves)</i>	You may choose to wear shorts for part of the trail, but you will need to have a pair of pants for the overnight. Convertible pants that zip into shorts are the ideal solution for those who happen to have a pair of them, or you could utilize a pair of compression tights or leg sleeves combined with shorts.
<b>An extra pair of socks</b>	Hot spots form more easily when feet are wet from sweat or caked in dirt from the trail. On a hike of this distance, having an extra pair of clean, dry socks on hand could be the difference between happy feet and painful blisters.
<b>Sunscreen</b>	We'll be spending a lot of time outside in direct sunlight, and the effects of sun exposure are more pronounced at altitude so applying sunscreen to exposed skin periodically is advised.
<b>RECOMMENDED GEAR</b>	
<b>Neck warmer</b> <i>(or BUFF)</i>	Something to cover/keep the neck warm could come in handy if the temps are low and the winds are whipping at altitude.
<b>Camera</b> <i>(or cell phone)</i>	We will be sure to take photos and videos throughout the hike and share them with you at the end, but you'll probably want to record the adventure directly with your own camera as well.
<b>Mobile battery</b> ----- <b>Cell phone charging cable</b>	If you are using a cell phone or GPS watch to take photos or log GPX, you'll want to have a way to top off your battery on the go or overnight.
<b>Baseball cap</b> <i>(or sun hat)</i>	A hat to wear while walking, to shade your eyes and face from the sun, as well as to trap sweat is highly recommended.
<b>Disposable hand warmers</b>	For those who have poor circulation or otherwise get cold easily, having a few small, disposable heat packs to use if needed can be a good idea - but are likely not necessary
<b>Body Glide</b> <i>(or similar lubricant)</i>	A lubricating cream such as Body Glide, Squirrel's Nut Butter or good old-fashioned Vaseline can be useful to prevent painful blisters and chafing on long efforts such as this one.
<b>Gaiters</b>	These are most often used in wet or snowy conditions to prevent snow and rain from entering the shoes, but could be even more useful on this trip to prevent loose dirt and small rocks from doing the same.
<b>FOOD &amp; DRINKS</b>	
<b>Food</b>	We'll be able to stop once on day one at a mountain hut for lunch and some basic snacks, and will have dinner upon arrival at our destination hut. We'll also have breakfast there the following morning and order two <i>onigiri</i> rice balls to take with as lunch, but you will need more to fuel the full day on the trail and there is nowhere else to buy snacks or drinks on day two once we leave the hut, so all food for the second day must be purchased before we set out on day two or brought with you from the start. The foods you choose to buy or bring with you are largely a matter of personal preference, but calorie dense foods provide the most bang for your buck. While you may avoid eating junk foods like chocolate and potato chips in your daily life, they make excellent trail food. Personally, we aim to bring foods that have between 4 to 5 calories per gram for the bulk of our snacks. Gels are another great option for quick fuel.
<b>Drinks</b>	On day one we can buy drinks at the hut roughly half way, but on day two there will only be one or two natural water sources to refill. We recommend carrying between 1 and 1.5L of your drink of choice at a time. You can use bottles or a bladder, depending on what works best for you.