



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

HOKKAIDO • HIKING THE HIGHLIGHTS OF JAPAN'S WILD NORTH

This week-plus adventure across the island of Hokkaido takes us to a variety of destinations from west to east, highlighted by three epic scrambles to the summits of some of Hokkaido's most beautiful and iconic peaks. These are long, tough hikes in wilderness areas and autumn is in full swing in the mountains of Hokkaido in September. With that said, September is a shoulder month and it is still possible to experience moments and days of peak summer heat at lower elevations, while shivering in your down jacket later that same night. Furthermore, snow is unlikely during our tour, but not an impossibility to encounter at elevation - such as on the 2,291m (7,516 ft.) summit of Mt. Asahi. Therefore, participants should be packed and prepared to deal with the seasonal elements and potential wide temperature swings. In the mountains, being caught unprepared on an exposed ridge at elevation can have real consequences, so carrying the correct gear is a must. This list is intended to help you properly plan, pack and prepare - specifically for the hiking portion of the tour. Feel free to contact us with any questions or inquiries about specific items. It may even be possible for us to lend you some items of gear if necessary. Your safety and comfort is our priority, and we take our job seriously.

REQUIRED GEAR

Headlamp <i>w/ fresh batteries</i>	Most of our hiking will be done in daylight, but a good, bright headlamp is a standard safety item to keep on hand for dealing with the unexpected. If you have one, we ask that you bring it along. If you don't, we can likely lend you one for the duration of the tour if notified in advance.
Spare set of batteries <i>for your headlamp</i>	It is always good practice to carry an extra set of batteries. You can easily pick them up at any convenience store or drugstore after arriving in Japan.
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 and forecasts can easily change from day to day. Cheap throwaway ponchos should be avoided.
Warm hat	A warm (knit) hat and gloves, to wear at night, higher elevations & during extended breaks are required, even if you are using a jacket that has a hood and pockets. Even in early-fall, temperatures can drop quite low in the mornings, evenings and in foul weather conditions.
Warm gloves	
Down jacket <i>(or warm synthetic jacket)</i>	Temps could be near or even below freezing at higher elevations, so a high-quality insulating layer is an absolute must. If combined with a warm fleece, a lighter jacket may be sufficient, but it better to err on the side of being too warm.
Insulated mid-layer <i>(fleece or sweater)</i>	As we climb higher and higher, you will likely want to add another layer over your base layer. A simple fleece or something similar will do the trick.
Backpack	Something in the neighborhood of 20 to 30 liters should be plenty enough space to pack the items necessary for each hike. In general, you will only need to carry your own water, snacks, lunch, rain gear and insulating layers and accessories.
Sunscreen	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.

Hiking boots or Trail running shoes	All of the distance covered on our three hikes is on mountain trails, with surfaces ranging from hard-packed dirt, beds of fallen leaves, fields of large boulders, and small loose rocks. It is essential to have comfortable, broken-in shoes with a good grippy sole that can handle this variety of terrain. Gore-Tex lined or similarly waterproofed shoes are recommended.
Trekking pants	It may be comfortable to wear shorts at times at lower elevations or during the heat of the day, but in general you will want to have a pair of pants for higher elevations, mornings and evenings. Convertible pants that zip into shorts are the ideal solution for those who happen to have a pair of them.
Sunglasses	A must-have for every trip to the mountains, this one included.
RECOMMENDED GEAR	
Neck warmer (or BUFF)	Something to cover/keep the neck warm could come in handy if the temps are low and the winds are whipping at the summit.
Trekking Poles	Trekking poles are not for everyone, but can be a useful tool to spread the work amongst different muscles on the climbs and aid your balance on the descents. If you have never used them before, it is probably not necessary to use them on this hike.
Camera (or cell phone)	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.
Mobile battery ----- Cell phone charging cable	If you are using an older cell phone (with poor battery life) to take photos or log GPX, you'll probably want to have a way to top off your battery on the go.
Baseball cap (or sun hat)	A hat to wear while walking, to shade your eyes and face from the sun, as well as to trap sweat is highly recommended.
Disposable hand warmers	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. You can easily pick them up at any convenience store or drugstore after arriving in Japan.
Gaiters	These are most often used in wet or snowy conditions to prevent snow and rain from entering the shoes, and could be useful on this trip if the forecast looks dreary.
HIKING FOOD & DRINKS	
Food*	Once we begin each hike, there will be no facilities along the trail to buy food or snacks, so it is essential to purchase and pack all the food you will need for each outing ahead of time. You are free to bring items with you from your home country, buy everything you need here in Japan, or some combination of the two.
Drinks*	There may be a few natural water sources here and there along the trail, but the possibility of infection from parasites carried by Hokkaido's foxes means that we will have to carry all the water we need for each hike. Tap water throughout Japan is safe to drink, so you could bring your own plastic or aluminum bottle, fill it at the hotel, and carry it with you on each hike. If you don't want to carry around the extra bulk, you can purchase bottled water and drinks easily before each outing. 500ml bottles of water are typically ¥100, while soft drinks or tea are around ¥150. Plan to carry about 1.5L of liquid with you from the start of each trek.
* We will make stops to purchase lunches, snacks and drinks from local supermarkets before each hike.	