



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

### **OGISAWA CIRCUIT - A THRILLING 3-DAY RIDGE HIKE IN THE NORTHERN ALPS**

This is a tough, but exceptionally rewarding loop hike, loaded with epic views, spectacular summits and satisfying ridge walking. During the course of three full days on the trail we'll summit a whopping 6 peaks, each standing in excess of 2,600 meters, so you'll earn sufficient bragging rights for your efforts. We run this trip between the months of July and October, and temperatures and conditions can vary greatly across this time. Participants should be packed and prepared to deal with the seasonal elements and potential wide temperature swings. This list is a good starting point to help you plan, pack and prepare - but 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, and headlamps are not necessary in the mountain huts, but if anyone would like to get an early start to catch the sunrise, a good, bright headlamp will be a necessity for safe navigation on dark trails. It's also a standard safety item for dealing with the unexpected.
Spare set of batteries <i>for headlamp</i>	It is always good practice to carry an extra set of batteries.
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 mid-summer, 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 (especially in late September and October), so a high-quality insulating layer is an absolute must. If combined with a warm fleece, a lighter jacket is ok.
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.
Backpack	Something in the neighborhood of 30 to 45 liters should be plenty enough space to pack all that you need for this trip.
Hiking boots <b>or</b> Trail running shoes	All of the total distance covered over the four days 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. Waterproof shoes are recommended.
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.

<b>Trekking pants</b>	You may choose to wear shorts at lower elevations or during the heat of the day, but you will want to have a pair of pants for higher elevations and mornings and evenings. Convertible pants that zip into shorts are the ideal solution for those who happen to have a pair of them.
<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>Sunglasses</b>	A must-have for every trip to the mountains, this one included.
<b>RECOMMENDED GEAR</b>	
<b>Neck warmer (or BUFF)</b>	Something to cover/keep the neck warm could come in handy if the temps are low and the winds are whipping at the summit.
<b>Trekking Poles</b>	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.
<b>Camera (or cell phone)</b>	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>	If you are using a cell phone to take photos or log GPX, you'll probably want to have a way to top off your battery on the go.
<b>Cell phone charging cable</b>	It is also possible to charge items in the mountain huts, but usually for a small fee.
<b>Baseball cap (or sun hat)</b>	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 if doing the hike in late September or October.
<b>Body Glide (or similar lubricant)</b>	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, and could be useful on this trip if the forecast looks dreary.
<b>HIKING SNACKS &amp; DRINKS</b>	
<b>Snacks</b>	We'll be able to resupply with basic snacks at the mountain huts we'll be staying in, but we'll reach them only at the end of our day's hiking, so you'll need to carry a full day's worth each. It's not a bad idea to bring your own supply of snacks for the 3 days if you are particular about your trail food.
<b>Drinks</b>	There are no natural water sources to resupply from on the hike, so we will be dependent on the huts for our drinks. Most huts offer 500ml bottled beverages for between ¥400 and ¥500, but will also offer water refills for between ¥100 and ¥200 per liter. The huts that we spend the night in will allow us to refill our water for free. Expect to carry between 1.5L and 2L of liquid with you on the trail, and make sure you have enough bottles or containers to do so.