

PACKING LIST – JAPAN

PACK YOUR BAGS!

The AdventureWomen team has curated this list for your adventure in Japan. It is meant to provide packing guidelines, but please also think about how you travel and what works for you as individuals. If you have any questions, please don't hesitate to ask! It's what we are here for.

Dress for the Weather

The islands of Japan extend from sub-Arctic climates in northern regions, to sub-tropical climates in the southern and western Islands. Your itinerary is based in the Kansai and Kii Peninsula areas, which have a moderate climate. April is very pleasant, with daytime highs of around 60-70°F. Nighttime temperatures and temperatures on the Kumano Kodo may be a few degrees cooler, so you should be prepared to layer your clothing. While April is not a particularly wet month, there can be occasional rain so you will need to bring rain gear. Please be sure to check the weather before you leave to be sure you are properly prepared.

There are a few instances where your checked bag will go ahead of you, so you'll want a day pack large enough to pack overnight essentials.

PACKING CHECKLIST

Clothing & Gear

- Duffel bag or small suitcase
- Daypack and rain cover
- Medium-weight, waterproof hiking boots (make sure they are broken in!)
- Comfortable walking shoes
- 4-5 pairs hiking socks
- 1 pair of cozy socks for walking around the ryokans (slippers are not allowed inside)
- 2-3 short sleeve shirts (quick dry recommended)
- 2-3 long sleeve shirts (quick dry recommended)
- 1 medium weight fleece sweater/jacket
- 2-3 pairs of pants
- 1-2 sets of nicer clothes
- Gore-Tex jacket/pants for rain
- Hat for sun protection
- 5-7 pairs underwear
- 2-4 sports bras
- Sleepwear
- Bathing suit (note that most onsens don't allow clothes, including bathing suits, while

soaking the hot springs. If you have any tattoos, you will need to bring bandages/other material to cover them up.)

- OPTIONAL - Telescopic Hiking Poles (they will need to be packed in your checked luggage)

AdventureWomen Essentials

- Travel documents (passport, airline tickets, money)
- 2-3 spare passport photos (in case of lost passport)
- Write down/print out travel insurance number
- Locks for your suitcase/duffel bag
- OPTIONAL Travel alarm clock with spare batteries
- OPTIONAL Headlamp or small flashlight with spare batteries
- OPTIONAL-Binoculars (8x40/42 models are excellent choices; center focus models are easiest)

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- OPTIONAL Digital camera, memory cards, battery charger
- Power adapters
- Sunglasses, case, and strap
- Spare glasses, contact lenses, cleaner, saline, etc.
- Money belt or neck pouch
- Reusable water bottle
- Sunscreen and lip balm with SPF
- Mosquito repellent
- Hand wipes/hand sanitizer
- Toothbrush/toothpaste
- Soap, shampoo, and conditioner
- Small packet of tissues
- Tampons and panty liners (avoid plastic applicators)
- Earplugs: we recommend silicone earplugs
- Assortment of stuff sacks
- 1-2 bandanas/Buff (most Japanese bathrooms do not have paper towels - a bandana will come in handy!)
- Reading material/journal and pens
- Masks/face coverings

Personal First Aid Kit

- Prescription medicine you usually take (in original containers)
- Personal epi pen (if you need one, don't forget to pack it!)
- Bandages, Gauze, Ace bandage, blister prevention
- Antiseptic wipes/spray
- Antibiotic ointment
- Cotton-tipped applicators
- Oral rehydration tablets/packets
- Motion/Air sickness medication if you are prone to motion sickness
- Antidiarrheal medication
- Mild laxative
- Antacid
- Cold remedies
- Ibuprofen/acetaminophen
- Eye drops
- Tweezers, scissors (travel size), safety pins
- At Home Covid Test Kits

Please note you'll be taking different modes of transportation that could cause motion sickness, and you'll be tasting many different foods. Please be sure to consult a travel doctor if you have any concerns and bring prescription and over-the-counter medicine you feel YOU will need for this trip.