

## Shinetsu Trail Tour gear list

October is one of the most pleasant months to visit Japan as the weather remains warm with an average temperature of 17.5 Celsius in Tokyo, 13.3 Celsius in Nagano. Expect a few degrees cooler than towns during the hike since the trail runs at an average of elevation of 1000 m above the sea level. The weather can change dramatically in 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 <b><i>Good ankle support and tread</i></b> . Your boots will make or break your holiday so some time spent getting used to them is time well spent
	Running shoes or other light weight footwear	Backup in case you get blisters and also for use around town
	Backpack	30L-40L Pack. Large enough to carry extra clothing + 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 (rental is available in Japan)
	Gaiters	Optional in Japan, help to keep feet dry when wet and muddy
	Pants	Comfortable and quick drying, <b>not cotton</b>
	Base Layer	Light weight polypro top or wool, <b>not cotton</b>
	Long Sleeve	Medium or expedition weight polypropylene top or wool, <b>not cotton</b>
	Outer Jacket	Fleece jacket or sweater, down sweater
	Rain Jacket with hood and Rain Pants	Sufficient to withstand a day of rain
	Extra top base layers	<b>*Please see the bottom of the 2<sup>nd</sup> page for more details.</b>
	Dry bag	Optional. To keep your item(s) dry. Ziplock bags work just fine.
	Head Gear	Wool or fleece hat, sunhat
	Gloves	Light gloves
	Sunglasses	Sunglasses
	Sunscreen	Sun block, Lip balm
	Water Bottle	Minimum 1 liter
	Headlight	Optional for the hike in case of any delay on the trail
	Folding umbrella	Optional for Japan
	Small blister & Personal first aid kit	Bring enough tape and blister treatment pads for personal use as well as double the amount of prescription medication so your guide can store an extra set with the group First Aid Kit in case something happens to your personal supply
	Your own medication	Personal use only
	Thermos	Optional for the hike
	Camera	Battery, Charger, Memory Card
	Snacks	Bring your favorite trail snacks for the hike
	Indoor slippers	Each accommodation provides a pair of slippers for you. However, these slippers are designed for Japanese people who have relatively small foot size. If your foot size is over US 12, good idea to bring your own.

## October climate in Shinetsu Trail Hike

October is one of the most pleasant months for traveling in Japan as the weather remains warm, but is not hot anymore. Trees begin turning colors in the northern regions and higher elevations. Shinetsu Trail and Togakushi region would be a few degrees cooler than Nagano City due to the elevation at around 1000m above the sea level.

City	Average Daytime High	Average Nighttime Low	Rainy/Snowy Days		Sunny Days	
			early month	late month	early month	late month
Sapporo	16 C (62 F)	7 C (45 F)	35%	40%	60%	50%
Tokyo	22 C (72 F)	15 C (59 F)	35%	30%	40%	55%
Nagano	20 C (68 F)	9 C (48 F)	30%	30%	45%	55%
Togakushi	14 C (57 F)	5 C (41 F)	30%	30%	45%	55%
Osaka	23 C (73 F)	15 C (59 F)	30%	25%	55%	65%
Fukuoka	23 C (73 F)	15 C (59 F)	20%	20%	60%	65%
Naha	28 C (82 F)	23 C (73 F)	25%	25%	65%	65%

The humidity is considerably high in Japan. October is much less humid compared to summer months but you may still find the humidity to be noticeable. When we hike in a rainy day, mild temperature (15°C to 20°C) with high humidity, you may have a sweaty and uncomfortable experience. To avoid it, right layering and wearing appropriate rain gear are essential to hiking in Japan. It is as well good idea to have some extra base layers in your day pack in a rainy day, in case you are wet from sweating. Please see our gear list.

Please see our 2016's October trip report on Facebook. These photos are a great source to give you some idea to the size of packs, what to wear, the weather types you need to be prepared for.

<https://www.facebook.com/greathikesjapan/posts/1850253105260852>

<https://www.facebook.com/greathikesjapan/posts/1854872211465608>

<https://www.facebook.com/greathikesjapan/posts/1857336541219175>

### **\*Extra top base layers**

Unlike dry climate in North America, Japan is very humid. In rain with rain jacket on and with its high humidity in Japan, you sweat a lot and you can get wet inside of your jacket from sweating. Main reason for this is because even when it's raining, it can still be warm. Thus it is good idea to have extra top base layers in your pack in case when wet from sweating.

**\*Each accommodation provides 'Yukata'**

Yukata is a bath robe usually made of cotton or synthetic fabric, wrapped around the body and fastened with a sash (obi).

Each accommodation during the tour provides Yukata to you to be worn during your stay inside the ryokan and for walks out on the streets. No need to have your own night clothes unless you would like to have your own.

Note that some Western style city hotels (Day 1, Day 10) also provide yukata or a bath robe in their rooms; however, the yukata or the bath robe at hotels is usually only intended as room wear and should not be worn outside the hotel room.

