JAPAN SKI TOURING :: PACKING LIST

CLOTHING:
- ☐ Waterproof Jacket - lightweight + breathable
  (good to have a ultra light snow shedding jacket)
- ☐ Waterproof pants - lightweight + breathable
  (Good to have venting zippers, I usually ski in 3/4 length long underwear and shell)
- ☐ Down or fiber jacket for those cold lift rides and lunch in the field.
- ☐ Socks
- ☐ Base layer *(wool or synthetic, recommend multiple thinner top layers)*
- ☐ Fleece mid layer or equivalent.
- ☐ Ski pants *(Soft shell, if older recommend washing with DWR coating before trip)*
- ☐ Thin Inner Gloves
- ☐ Warm Ski Gloves
- ☐ Hand and toe warmers *(also available at the local 7-eleven convenience store)*
- ☐ Warm Hat
- ☐ Neck gaiter, Buff and or Facemask (for all the face-shots :-)

SKIING | RIDING GEAR:
- ☐ Ski touring or Telemark Boots
- ☐ Skis with Touring or Telemark Bindings / Split board (No snowshoeing)
- ☐ Ski Poles *(it is a good idea to wrap some duct tape on the pole to glue skins on if the glue start failing on the skins due to cold conditions)*
- ☐ Skins
- ☐ Shovel + Probe + Avalanche Transceiver
  (Recommend 280cm+ length probe and 3 antenna beacon)
- ☐ Backpack 25 - 35L with ski attachments and enough space for all your gear
- ☐ Ski Goggles *(consider having a low visibility lens available)*
- ☐ Goggle cloth/sponge and Scraper can be very useful to get frost of ski base and clean bindings / boots of ice
- ☐ Helmet (optional)

MISC:
- ☐ Water Container + Thermos *(It gets pretty cold so Camelbacks have been known to freeze)*
- ☐ Personal medications + blister kit
- ☐ Sun Glasses
- ☐ Sun + lip cream
- ☐ Camera
- ☐ Passport
- ☐ Cash in JPY currency (it is good to have a little for incidentals)
- ☐ Winter boots *(Sorels or similar for deep snow and cold while out of ski boots)*
- ☐ Earplugs, eyeshades and some sleeping pills or Melatonin
- ☐ Necessary chargers and adapters
- ☐ Swimsuit and towel (optional for mixed onsen baths)

Please have your ski boots and avalanche transceiver in carry on baggage during your flights in case luggage gets lost. If you have any questions regarding gear please contact us and we will try our best to help you out.