

EQUIPMENT LIST – Japan Skiing

TRIPS COVERED BY THIS LIST:

- Japan Skiing

A NOTE ABOUT EQUIPMENT LISTS: Nothing can ruin a trip faster than having the wrong gear for the conditions at hand. All our programs are subject to rapid and severe changes in the weather. Select garments that are **warm, lightweight and durable**. Generally speaking, the best arrangement is to think in terms of layers – a system that dries quickly, allow flexibility and resists wind, water and abrasion. All of us have different tolerances for heat or cold; for example, you might choose warmer gloves than specified here if you tend to get cold hands. If you have doubts about a specific garment's appropriateness, please **talk to your guide in advance** about conditions you are most likely to experience. This list is built for a trip with an unsettled weather forecast. With a good weather forecast some of these items may be left behind to save weight.

CLOTHING

Head, Hands & Feet

- ☐ Warm Hat
- ☐ Sun Hat
- ☐ Buff
- ☐ Lightweight Gloves (for uphill; softshell)
- ☐ Midweight Gloves
- ☐ Heavyweight Gloves (for downhill; waterproof and breathable)
- ☐ Ski Socks (2-3 pairs)

Upper Body Layers

- ☐ Lightweight or Midweight Baselayer Top
- ☐ Lightweight Fleece or Puffy jacket
- ☐ Softshell Jacket with Hood
- ☐ Puffy Jacket with Hood
- ☐ Hardshell Jacket w/ Hood (for storm days)

Lower Body Layers

- ☐ Lightweight or Midweight Baselayer Bottom
- ☐ Softshell Pants
- ☐ Hardshell Pants (for storm days)

ACCESSORIES

- ☐ Backpack (35-45 Liters, designed for skiing)
- ☐ Sunglasses
- ☐ Goggles

ACCESSORIES *continued...*

- ☐ Sunscreen and spf lip balm
- ☐ Cloth Mask
- ☐ Hand Sanitizer
- ☐ Thermos
- ☐ Headlamp
- ☐ Blister Kit
- ☐ optional: Ski Helmet

SKI / RIDE

- ☐ Skis or Split Board
- ☐ Climbing Skins (sized and cut for your skis or board)
- ☐ Ski or Snowboard Boots
- ☐ Ski Poles (collapsible for split boarders)
- ☐ Ski Strap
- ☐ Repair kit (critical for telemark or split board set ups)

AVALANCHE SAFETY (these may be rented from NCMG)

- ☐ Transceiver (3 antenna, less than 5 years old)
- ☐ Shovel (metal blade required)
- ☐ Probe (240cm or longer)



NORTH CASCADES MOUNTAIN GUIDES

LODGES

- ☐ Toiletries / Prescriptions
- ☐ Ear Plugs
- ☐ “Street” Clothes to wear in the evenings
- ☐ Snow boots
- ☐ A large tote bag for bringing stuff into the onsens and lodges from the van

TRAVEL

- ☐ *Medium Duffel (we have very limited space in our Japanese rental vans – please pack light!)*
- ☐ *Ski Bag*
- ☐ *Passport*
- ☐ *Credit Cards, Debit Cards, Cash (Japan is a very cash-based economy and most rural places don’t accept credit or debit cards)*
- ☐ *Travel Clothing*

NORTH CASCADES MOUNTAIN GUIDES

48 Lost River Road | Mazama, WA 98833 | 509-996-3194 | info@ncmountainguides.com | www.ncmountainguides.com