

Go! Yakushima

www.goyakushimatour.com

mail: goyakushimatour@gmail.com

Yakushima Hiking List

Essential

- Hiking boots*
- Good hiking socks (winter)
- Rucksack 25L–40L
- Rucksack waterproof cover
- T-shirt (quick-dry material)
- Warm clothing (eg fleece for winter)
- Rain-proof coat **
- Rain-proof trousers**
- Sweater or extra layers (winter)
- Trousers (not denim)
- Sun Hat (spring – fall)
- Gloves (winter)
- Warm Hat (winter)
- Water container
- Headlamp or torch (Jomon Sugi, Miyanouradake & overnight tours)
- Spare batteries
- Snacks (eg candy, chocolate, cookies)

Good if you have it

- Gaiters
- Sun block
- Foldable umbrella
- Plastic bags (to store your waste & to use as rain-proof wraps inside your bag)
- Walking boot studs for ice & snow (winter season only)
- Travel insurance proof
- Mobile phone (reception is bad in the forests, but good on the mountain tops)

Personal preference

- Walking pole

*** Hiking boots are essential for all hikes except the short tours of Shiratani Unsuikyo and Yakusugi Land where strong shoes would be sufficient. Twisted ankles are the most common accident.**

**** Gore-tex quality or similar is recommended. When it rains in Yakushima then it's sometimes torrential rain**

Go! Yakushima

www.goyakushimatour.com

mail: goyakushimatour@gmail.com

Yakushima Hiking List

If you are staying in the mountain huts then the extra items would be required

- Rucsac 65L or larger with rain cover and / or internal dry sacs**
- Sleeping bag** (in the winter the sleeping bag needs to be good down quality)
- Roll mat**
- Extra clothing** (even in the summer it can be cold over 1000 metres)
- Toiletries**