

【Snowshoe Hiking Tour】

What to bring and what to wear // Gear that you can rent for free.

Item	Comment	Check
Outer clothes (Available for rent)	Waterproof jackets and pants are necessary. Ski, snowboard, or trekking clothes are good for this tour. A rain jacket and pants are also suitable.	
Warm clothes (For layering)	Fleece or light down jacket for the layering. During the tour, you might take it off and put it back on many times to control your body temperature.	
Clothes	Long sleeves and long pants that are suitable for walking. Please avoid jeans and sweat pants. A shirt and pants for mountain trekking is the best.	
Snow boots (Available for rent)	High-cut snow boots that cover your ankles are necessary to protect your feet from the cold and wet.	
Thick and warm socks	Please wear thick and warm socks to protect your feet from the cold. Wool socks are most recommended.	
Inner clothes	You sweat more than you imagine even outside in the snow. Please avoid cotton clothes which soak sweat. If you can't prepare quick-dry or self-heating inner clothes, please bring changing clothes so you can change after the tour.	
Cap	Knitted cap. The one which covers your ears is even better. A neck warmer, or a scarf is helpful, too.	
Gloves (Available for rent)	Waterproof and warm gloves for trekking, skiing, or snowboarding are recommended.	
Backpack	Please use your backpack to carry your belongings. ※If you don't have anything to take with you, you don't need a backpack.	
Sunglasses	The snow field is very bright. Please bring your sunglasses. ※Goggles for snow sports are OK, but they get foggy easily.	
Medicines	Sun block, medicines for your chronic diseases, etc.	
Health Insurance Card	Please keep it with you in case of emergency.	
Motion Sickness	The roads to the snow field are winding roads and it takes about 30 minutes to get there. If you are worried about motion sickness, please prepare medicines by yourself.	

●Above items are only for your reference. If you want to soak yourself in hot spring after the tour, please bring your towels and changing clothes for your convenience.

To be continued on to the next page.

☆Gear that you can rent for free.

Outer clothes (Rain jacket and pants)	It' s the waterproof outer clothes. Please wear your layering clothes such as fleece and down jacket.
Snow boots	Snow boots for snowshoe hiking. Please wear your own socks.
Gloves	Waterproof gloves for snow activities. There are no inner gloves for rent.

●Gear sizes are limited. Hida-Osaka Waterfall Trekking Office will ask your size at the time of your reservation.