

【Frozen Waterfall Trekking Regular Tour】

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

Item	Comment	Check
Outer clothes (Available for rent)	Waterproof jackets and pants are necessary. A rain jacket and pants are also suitable.	
Warm clothes (For layering)	Fleece or light down jacket for layering . Stretch pants are recommended for the bottoms. During the tour, you might take it off and put it back on many times to control your body temperature.	
Shoes (Available for rent)	Trekking shoes or insulated shoes with shoe races to protect your feet from the cold . GORE-TEX shoes, or the combination of trekking shoes that cover the ankle and trekking gaiters will do. No rain boots. Make sure to wear thick and warm socks.	
Thick and warm socks	Please wear thick and warm socks to protect your feet from the cold. Wool socks for trekking or skiing are most recommended. If you don't have any, you may layer your normal socks, but be sure to wear them loose. Sweating may risk yourself with frostbite .	
Inner clothes	Quick-dry inner clothes made of chemical fibers are recommended. No cotton clothes . Inner clothes of rayon are not suitable either, because it does not soak your sweat and causes the cold.	
Cap	Knitted cap. The one which covers your ears is better . Please avoid a cap with accessories because you will wear a helmet.	
Extra jacket	Extra warm jacket such as a light down jacket and also gloves are helpful.	
Gloves (Available for rent)	Waterproof and warm gloves for trekking, skiing, or snowboarding are recommended. The one with inner gloves separated from the outer ones are even better. No gloves can cause frostbite .	
Thermal bottle	Thermal bottle to carry hot water and drink. If you have hot water, you can use it for lunch, too.	
Lunch	Please avoid food that contains water. (<i>Onigiri</i> rice balls are easy to freeze.) Food that is high in calories such as bread and powdered soup is good.	
Sunglasses	The snow field is very bright. Please bring your sunglasses. ※Goggles for snow sports should be avoided because they get foggy easily.	
Backpack	Sizes between 20 liters and 40 liters that can carry warm clothes, lunch, snacks, drinks, extra gloves, etc., inside.	

Medicines	Sun block, medical kit, wet tissues and medicines for your chronic diseases, etc.	
Motion Sickness	The roads to the trail head are winding roads and it takes about 1 hour and a half to get there. If you are worried about motion sickness, please prepare medicines by yourself.	
Snacks	Candies, Cookies, chocolates etc. that you can eat quickly while trekking.	
Health Insurance Card	Please keep it with you in case of emergency.	

☆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.
Shoes	Shoes for snow trekking. 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.