

# Yakushima Island Mountain Hike Preparations

## Clothing for your hike

### Summer

- Hat
- Moisture-wicking T-shirt
- Thin long-sleeved shirt for warmth
- Long pants (hiking leggings and shorts)
- Hiking socks



### Winter

- Hat
- Moisture-wicking T-shirt
- Thin down jacket for warmth
- Long-sleeved shirt
- Fleece coat
- Long pants (with hiking tights, etc. underneath)
- Hiking socks



- \*Do not wear cotton. If it gets wet, it will not dry easily, which will make you cold. Wear synthetic fibers (sports clothing, etc.)
- \*Socks are important as they reduce strain on your feet. Do not wear low-cut socks with high-cut boots. This causes blisters. Hiking socks are recommended.
- \*Do not wear moisture-absorbing thermal underwear (Heattech, etc.) These will cool your sweat, which is dangerous in cold conditions like these.
- \*Do not wear jeans on a hike. Jeans become heavy and rigid when they get wet.
- \*In spring and fall, wear layers that can be put on and taken off easily, as the weather and temperature are unpredictable.

## Rental list

Item	Price for 1 day (+ price for each additional day)	Sizes, etc.
Hiking boots	¥ 1,500 (+750)	23 – 28 (0.5cm increments), 29, 30, 31
Rain gear (set of waterproof jacket and pants)	¥ 1,500 (+750)	Women's S, M, L; men's S, M, L, XL, XXL, XXXXL
Day hike backpack (with cover)	¥ 800 (+400)	15ℓ - 30ℓ
Backpack cover	¥ 400 (+200)	For 15ℓ - 20ℓ
Hiking poles	¥ 800 (+400)	Straight type and T-grip type are available.
Headlamp	¥ 400 (+200)	Type that attaches to head
Hat	¥ 700 (+350)	Sun hats, rain hats
Folding umbrella	¥ 400 (+200)	Useful when walking along the trolley railroad in the rain
Gaiters (ankle covers)	¥ 700 (+350)	Keep mud and snow out of shoes

### Winter

Ice cleats	¥ 800 (+400)	Useful in deep snow
Rubber cleats	¥ 400 (+200)	Useful for trolley railroad on Jomonsugi cedar route, etc.

\*Prices include tax

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## Preparing for your hike

Hiking boots	Make sure you have broken your boots in. Hiking in new boots causes blisters. If you have kept your boots in a cupboard or on a shelf for a long time, check them before your hike! The soles can loosen during storage. Hiking boots should be 0.5-1cm larger than your usual shoes so that they do not rub against your toes during the hike down the mountain.
Rain gear	The weather can change quickly in the mountains, so bring rain gear regardless of the weather forecast. Wear a jacket and pants made from waterproof, breathable material (Gore-Tex, etc.) This will also keep you warmer (it's cold all year round in the mountains.)
Backpack	Choose a large backpack—a size of around 25 liters is recommended for day trips.
Backpack cover	This will keep your backpack dry.
Drink	Bring one 500ml bottle of water (two in summer). You can refill your bottle from Yakushima's springs.
Packed lunch	For tours that depart early, you will be given a bread set from the hotel instead of a standard breakfast. Ask the butler at your hotel in advance to arrange a packed lunch that you can pick up on the day.
Snacks	On long hikes, bring salty snacks in addition to sweet ones. Examples: Nuts, candy, chocolate bars, sports amino acid supplements, salt tablets in summer, etc.
Folding umbrella	This is useful for keeping dry and warm in situations such as walking along the trolley railroad in the rain.
Warm clothing	This is important for keeping warm when setting off or resting. Choose clothing suitable for the season.
Headlamp	The days are short from October to March. If you're going on a tour that leaves early (Mt. Miyanoura, Jomonsugi cedar, etc.), you will need a head lamp when you set off.
Hiking poles	These are not essential, but they are useful to have as they reduce impact on your knees and feet.
Gloves	In summer, you can wear cotton gloves or no gloves. Wear warmer gloves in winter.
Hat	While there are forests that provide shade, the sun is strong on the ridges, so wear a hat with a full brim.
Sunglasses	On some hikes (Mt. Miyanoura, etc.), we will hike outside the forest, where the sun is strong.
Sunscreen	On some hikes (Mt. Miyanoura, etc.), we will hike outside the forest, where the UV rays are strong. Make sure you are well protected from the sun.
Portable toilet	On some hikes, we will go for hours at a time without passing a toilet. If this is a concern, bring a portable toilet. There are booths for portable toilets on every route.
Daily items	Towel, tissues, plastic bag, any medication you take, etc.
Traction cleats	There may be snow on the ground in the mountains on Yakushima Island. You may need traction cleats for your boots, such as ice cleats.
Gaiters (ankle covers)	Gaiters prevent snow from getting into your boots. They also keep mud out in summer.

\*A plastic raincoat or windbreaker is unsuitable for rain protection in the mountains.

\*Keep your gear protected in case of sudden rain. We recommend putting it in a large plastic bag before putting it in your backpack.

\*Keep valuables in a zip-lock bag to protect them from the rain.

