

Japan Ski Safari Equipment List

The equipment and clothing you bring on your lodge trip will have a big impact on the quality of your experience. Ensure to bring all items listed except for items that are listed as optional (these are either luxuries or your guide will be carrying). If you have any questions about anything, please contact us. Some items* are available for rental.

Temperatures varies widely as they can increase from –20C overnight to sometimes +5C on sunny days. For clothing use the ‘layer system’: Light technical clothing that does not take much space in your backpack and dries quickly if sweaty or wet. Layers can be put on and off fast if weather conditions change during the day. We recommend wearing Smartwool type base layers. Wool provides excellent insulation in cold, wet weather & retains insulating. Synthetic (pile, polypropylene, Capilene, etc.) also provides adequate insulation in cold wet weather.

Technical Equipment

- Alpine touring, Telemark skis or Split board
- Alpine, Telemark or Snowboard boots (With Vibram sole if possible)
- Ski poles (with regular powder baskets)
- Helmet (optional)
- Climbing skins (At least as wide as the waist of your ski)
- Avalanche transceiver (modern, digital, with fresh batteries + spares)
- Avalanche shovel (lightweight)
- Avalanche probe
- Day touring backpack, medium sized (about 35-40 liters) with side straps for ski/board attachment
- ABS type airbag (optional)
- Ski crampons
- Small repair kit / spare parts for your bindings (optional)
- Skin wax (small amount)
- Spare powder basket
- Duct tape (small amount)
- Pocketknife

Outdoor Clothing

- Wind and waterproof shell jacket with hood (Gore-Tex or similar)
- Wind and waterproof over pants (Gore-Tex or similar with integrated gaiters)
- Mid layer(s) (fleece or technical wear)
- Down jacket and down or fleece vest
- Warm pants (thin: insulated/fleece) and warm shirt (no cotton)
- Capilene, fleece or wool underwear, top and bottoms

- Gloves (1 pair of lightweight and 1 pair of heavier weight)
- Scarf, neck gaiter, buff and / or bandanna
- Sun hat, preferably with wide brim
- Socks: thicker outer (wool) and thinner liners (wool or polypro)
- Wool or fleece hat, covering the ears

Lodge Clothing

- Casual pants and shirts for indoor use (1-2 sets)
- Bathing suit for mix hot springs
- Towel (can be rented at hot springs)
- Indoor footwear

Other items:

- Soft Duffle bag (for extra gear/clothing – 60-80lbs)
- Sunglasses (with good UV protection)
- Sunscreen and lip protection
- Goggles
- Water bottle (1-litre) (Camel backs not recommended)
- Headlamp with fresh batteries
- Personal items (toiletry, prescription medicine, contact lenses, prescription glasses etc.)
- Camera/phone and extra batteries (optional)
- Snow boots
- Medium size grocery bag for change of clothes
- Lunch and snacks (we will purchase locally)
- Passport
- Ear plugs

Personal medical kit:

- Medical tape
- Band-Aids
- Tensor bandage
- personal medications/prescriptions
- anti-inflammatory
- antihistamines
- blister kit

For your safety, the guide carries the following:

- SAT phone, VHF radio, InReach or Spot device
- Complete first-aid kit
- Basic Repair kit
- Crevasse rescue equipment with rope (if needed)
- Rescue Plan & Evacuation system
- Avalanche rescue gear
- All maps of the area
- GPS, compass and altimeter
- Saw & snow study kit

Trip Price Inclusions

Guiding by a certified IFMGA or ACMG guide(s). Accommodation during the trip, dinners, breakfasts and safety equipment.

Not included

Air fares or travel, personal ski equipment or technical equipment, lunches, alcohol, meals while lodging prior or after trip, gratuities, any additional transport or lodging cost due to unforeseen itinerary changes (for example road closure and extra night stay). We suggest purchasing insurance that fits adventure travel (via TUGO insurance). Also consider that you have adequate medical and life insurance. Please read our booking page carefully for detailed information about waivers, limitations, and cancellations, see <http://summitmountainguides.com/booking/>

Cancellation Insurance

We encourage everyone to purchase trip cancellation and/or medical insurance. There are a few options to choose from. Make sure to take the time to read the fine print before buying a conventional policy for your adventure travels and ensure covers ski touring and ski mountaineering.

Rescue Insurance

We strongly recommend that you purchase rescue insurance in case you require emergency medical rescue or evacuation due to illness or injury. For non-SAR rescues and non-BC residents, rescue costs can be high, and participants are responsible for these costs. Some private insurance policies cover emergency rescues. However, it is particularly important to confirm prior to your trip that your coverage includes backcountry touring or climbing-related accidents.

Frequently Asked Questions:

Final gear check? Check your gear before departure. Boots must fit bindings, skins must fit skis etc. Please do not buy new boots just for the trip!

Rental gear? It may be possible to rent gear in most meeting locations in some cases. Contact us ahead of time if you have any questions. We want to make sure you will have the gear you need.

Alcohol? We do not provide any alcoholic beverages, some lodges have limited stock, contact us for exact details on this.

Cash? For purchasing lunches, extras, hot spring entry fees, or alcohol, we recommend bring about \$60USD in JNY currency per day. Most places will take credit card, but cash is useful.

Cell Coverage? There is good cell coverage in Japan but make sure your home plan covers your international roaming charge. Local Sim cards are available in most airports.

Radios? Family radios or Rocky Talky are illegal in Japan. Your guide will have a few commercial grade VHF radios for the group.

InReach? Useful to communicate with your family when there is no cell range. Not totally needed for guests but the guide will have one in case of emergency.