



World Bound Young Adult: **JAPAN**

2024 Packing List

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Contents

Packing List.....	2
Gear must-brings.....	2
Clothing must-brings.....	2
Toiletries (all toiletries must be travel-sized).....	3
Other items.....	3
Do not bring.....	3
Recommendations.....	3



Packing List

Gear must-brings

- 30L backpack (for hikes for 2-3 days trip)
- Large 80L+ backpack (needs to fit well)
- Personal dry bags for wet clothes (light +/- 15L)
- Marsupio Belt Bag
- Two** 1L closable water bottles (no Gatorade squirt style)
- Quick-dry towel (one for the face & one for the body)
- Whistle
- Sunglasses
- Waterproof stuff sacks (10-20 L plus a small one for electronics)
- Sun hat/toque
- Pocket knife
- Mobile phone (+ Japanese sim card recommended)
- For the camp: headlamp and a flashlight, a small personal saucepan, an aluminum plate and metal cutlery, a cup for hot drinks

Clothing must-brings

** **Bring enough for one week.** There will be two laundry days on-trip.*

- Quick-dry technical clothes
- Rain jacket
- Rain pants
- Warm jacket/fleece
- Hiking shoes - mid-high (Preferred: excellent quality and already broken in)
- Running shoes - low and light
- Outdoor sandals with back straps
- Flip-flops
- Underwear/socks
- Shorts
- Long quick-dry pants (x2)
- Swimsuit x 2
- Comfortable camp clothing (fleece/yoga style)
- Long-sleeved shirts (no cotton)
- T-shirts (No cotton)
- Sleepwear
- Wide-brimmed hat (for the sun)
- Toque

Toiletries (all toiletries must be travel-sized)

- Toothbrush
- Biodegradable toothpaste and mouthwash
- Biodegradable soap and shampoo (Castile recommended for bathing/laundry/etc)
- Sunblock (SPF 50)
- Bug repellent
- Menstrual products
- Eye care (if required)

- Personal first aid Kit
- Medication (2 of each in case of damage)
- Mesh laundry bag (for laundry in hostels)
- Bags

Other items

- Optional Camera (recommended)
- Additional clothes for when traveling to town or flight
- Bandana
- Reading/writing material

Do not bring

- Portable video games
- Narcotics/alcohol/cigarettes/vapes
- Big bulky clothes, heavy cotton clothing & jeans (difficult to dry quickly)
- Inappropriate clothing
- Aftershave/cologne/perfume
- Hairdryer

Recommendations

- Purchase gear at second-hand stores or large department stores
- Pack well, but as light as possible
- Everything you pack, you carry. Please pack accordingly!