



Hokkaido, Japan Backcountry Powder Tour Equipment List

Technical Equipment

Bring the following, or rent it (see 'Trip Info Links' at the bottom of the Hokkaido page):

- Alpine touring (or telemark*) skis and ski boots - minimum width 100 cm underfoot
- Collapsible, lightweight ski poles
- Climbing skins (stick-on), fitted to your skis

*Only bring telemark skis if you are an advanced telemark skier with backcountry powder experience.

If you do not have one or more of the following items, you can rent them from the listed retailers or from OnTop. Please book in advance.

- Digital, 3-antenna avalanche transceiver
- Lightweight snow shovel
- Avalanche probe (two to three meters long)

Bring the following:

- Daypack for ski touring (30-45 liters)
- General repair kit and Leatherman (can be shared between several people)
- Spare parts specific to your equipment

Clothing

Normal temperatures during winter months on the island of Hokkaido range from lows of -10°C to highs of 0°C. As always when doing winter sports, having several clothing layering options is important. We will experience a lot of snowfall – make sure your Gore-Tex is up to the task!

- Wind and waterproof shell jacket with hood (Gore-Tex or similar)
- Wind and waterproof over-pants (Gore-Tex or similar)
- Ski touring pants (eg. lined Schoeller fabric or similar)
- Thick fleece or wool pullover, or PrimaLoft jacket
- Medium weight fleece shirt
- Thin synthetic or wool underwear, top and bottoms
- Two or more pairs of gloves (lightweight and heavier weight)
- Scarf or neck gaiter (eg. Buff)

- Socks (synthetic or wool, thick outer and thin liners)
- Wool or fleece hat that covers your ears
- Gaiters that fit over your ski boot (unless pants seal tightly to your boots)
- Sun hat, preferably with a wide rim
- Bandana (optional)

Around town

- Clothing for wearing around town and in the hotel
- Light down jacket or vest
- Earplugs (optional)
- Slippers or Crocs
- Toiletries
- Bathing suit (although they are not always worn in the hot springs!)
- Games, books, etc. (optional)
- Phone/iPad/laptop and charger(s)
- Adaptor for Japanese electrical outlets (it is the same as the North American system but without a hole for the ground plug)

Other items

- Sunglasses with high UV protection
- Ski goggles with high UV protection
- Sunscreen and lip protection with high SPF
- One-liter water bottle with insulator. Water bladders not recommended
- Thermos (optional)
- Headlamp with spare battery
- Snacks (eg. candy bars, dried fruit, nuts, etc.)
- Personal first aid kit and other needs (eg. blister kit, prescription medicine, anti-inflammatory, contact lenses, prescription glasses, etc.)
- Pocket knife (optional)
- Health and travel insurance documents
- Ziploc bags to keep important items dry (recommended)
- Rain/snow cover specific to your pack (optional)
- Camera with spare batteries (optional)
- Compass, maps, GPS (optional)
- Ski wax / skin wax (optional)
- Hand sanitizer or sanitary hand wipes