OSGH PILGRIMAGE

PACKING LIST

Remember: bag should weigh ~10% of your body weight.

Clothes
- Hiking shoes (break these in as much as possible!)
- Shower sandals
- 2 pairs athletic socks
- 3-5 pairs wool socks (we change socks 1x per day)
- Bandanna (for sun/sweat protection and sometimes as a napkin)
- Underwear
- 1 pair athletic/hiking/durable pants (+ belt if needed)
- 1-2 long-sleeve T-shirts or thermal tops
- 1 Lightweight layer (e.g, hoodie, sweater, down vest)
- 1 WATERPROOF jacket or poncho
- Gloves + Hat
- 1 Pair of sleep clothes (could double as 'after walking/going to dinner clothes')

Miscellaneous

Daily supplies
- Backpack - the lighter the better (size: 35-40L)
- Waterproof backpack cover (alternately, a poncho that is big enough to cover bag)
- Collapsible water bottle (1L) – best with carabiner
- Microfiber towel/ Chamois (13" x 17"- not a big fluffy guy)
- Ear plugs (snoring and farting!)
- Headlamp (flashlight is also possible, but headlamp is A LOT easier for packing in the dark, etc)
- Notebook + pen(s) + any other drawing/recording supplies
- Sleeping bag (the lighter the better! I found one that's 700grams)
- DO NOT BRING a Pillow case (use a t-shirt instead)
- Swiss army knife w/corkscrew (buy in Japan)
- Lighter (buy in Japan)
- Fanny pack/small bag to carry at dinner/in town
- Sunglasses
- Passport/Govt ID
- Credit/debit card(s)
- Safety pins - (many uses, including for hanging wet cloths on your bag as you walk)
- Ziploc baggies (or dry bags) 3 big bags/4small
- Chapstick

Medical
- Foot care supplies: Compeed blister patches, Moleskines, Bandaids, Antibac ointment
- Sewing kit/needle (also used for blister popping lol)
- Hand sanitizer
- Ibuprofen or other anti-inflammatory (sore muscles, wine hangovers)
- Dr Bronner's mini soap bottle for clothes, hair, body...
- Toothbrush + paste
- Toiletries as needed (deodorant, lotion, etc)

Tech
- Power cords or adaptors
- Phone + charger + cords