

Go! Yakushima

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Yakushima Hiking List

| Essential | Good if you have it | Personal preference |
|--|--|---------------------------------------|
| <input type="checkbox"/> Hiking boots* | <input type="checkbox"/> Gaiters | <input type="checkbox"/> Walking pole |
| <input type="checkbox"/> Good hiking socks (winter) | <input type="checkbox"/> Sun block | |
| <input type="checkbox"/> Rucksack 25L–40L** | <input type="checkbox"/> Foldable umbrella | |
| <input type="checkbox"/> Rucksack waterproof cover | <input type="checkbox"/> Plastic bags (to store your waste & to use as rain-proof wraps inside your bag) | |
| <input type="checkbox"/> Warm clothing (eg fleece) | <input type="checkbox"/> Travel insurance proof | |
| <input type="checkbox"/> Rain-proof coat *** | <input type="checkbox"/> Walking boot studs for ice & snow (winter season only) | |
| <input type="checkbox"/> Rain-proof trousers*** | | |
| <input type="checkbox"/> Sweater or extra layers (winter) | | |
| <input type="checkbox"/> Trousers (not denim) | <input type="checkbox"/> Mobile phone (reception is bad in the forests, but good on the mountain tops) | |
| <input type="checkbox"/> T-shirt | | |
| <input type="checkbox"/> Gloves (winter) | | |
| <input type="checkbox"/> Hat | | |
| <input type="checkbox"/> Water container | | |
| <input type="checkbox"/> Headlamp or torch | | |
| <input type="checkbox"/> Spare batteries | | |
| <input type="checkbox"/> Snacks (eg candy, chocolate, cookies) | | |

* Hiking boots are a MUST. Accidents await you if you trek in anything less. Aside from accidents, in the hotter months there are leeches and snakes. Boots offer better protection from both.

** A larger bag is needed if you intend to camp or stay in the mountain huts

*** Gore-tex quality or similar is recommended. When it rains in Yakushima then it's often torrential rain

NB From April to October try not to wear black. Aside from it being a bad colour to wear during the summer, the **Giant Sparrow Hornets** are attracted to black

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If you are staying in the mountain huts then you'll need

- Rucsac 65L or larger**
- Sleeping bag** (in the winter the sleeping bag needs to be good down quality)
- Roll mat**
- Extra clothing** (even in the summer it can be cold over 1000 metres)
- Toiletries**