

Spring/Autumn: Canoe tour

Suggested list for clothing and goods, not mandatory

Clothing				
Category	Items	✓	Detail	For exaple...
Outer Layer	Jacket	<input type="checkbox"/>	Wind/waterproof	Rain jaket
	Pants	<input type="checkbox"/>		Rain pants/trekking pants
Mid Layer	thin Fleece	△	air pocke for warmth	Fleece jacket/down vest
Base Layer	Long T	<input type="checkbox"/>	Wool /synthetic fabrics to keep moisture away from body	We recommend outdoor brand items, work wear mostly keep moisture
	Long john	△		
Head	had/cap	<input type="checkbox"/>	Protection/prevent heat shock	Hat/cap
	towel	<input type="checkbox"/>	Protect your head form sunburn	Replacement for hat
Neck	neck gaiter	△	Protect your neck form wind	If you feel cold easiry
Wrist	gloves	△	warmth/water repellent	Fleece glove/nylon gloves
Feet	socks	<input type="checkbox"/>	Wool is our choice	Trekking/hiking socks
	shoes	<input type="checkbox"/>	OK to get wet, easy to walk	Sneakers/hiking shoes

Things convenient for outdoor activity				
Category	Items	✓	Detail	For exaple...
Eye protection	Sunglasses	<input type="checkbox"/>	UV protection	Polarized sunglasses
Warmth	Heat pads	△	spot warming	You can buy @ conveience shops
Back up	Mobile battery	<input type="checkbox"/>	Always good to have spare	Car USB socket also convenient when renting a car
	Spare battery	<input type="checkbox"/>		
Gear protection	Drybag	<input type="checkbox"/>	Store electronig gadgets	1 free rental(8L)/canoe, additional bag for 300JPY.ea.
Hydration	Water	<input type="checkbox"/>	pet bottles	your choice
Energy	snack bars	<input type="checkbox"/>	additional glucose for energy	candy/chocolate/snackbar
Prevention	Bug spray	<input type="checkbox"/>	your choice	They are not perfect
	Sunblock	<input type="checkbox"/>	your choice	Hokkaido air is clean->direct sun

* mint spray good for gnat, bad for bees

* normal bug spray not good for gnat