

Summer season: 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
Base Layer	T-shirt, Long T	<input type="checkbox"/>	Quick drying favric	Better to be from outdoor brand, cotton stays wet and takes away your body temp.
Head	had/cap	<input type="checkbox"/>	Protection/prevent heat shock	Hat/cap
	towel	<input type="checkbox"/>	Protect your head form sunburn	Replacement for hat
Foot	Sandal	<input type="checkbox"/>	Non-slip/heel strap is better	Water shoes/sports sandals/flip-flops

Things convenient for outdoor activity				
Category	Items	✓	Detail	For exaple...
Eye protection	Sunglasses	<input type="checkbox"/>	UV protection	Polarized sunglasses
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