

**Winter tours(Superb view, Snowshoeing)**

Suggested list for clothing and goods, not mandatory

Clothing						
Category	Items	✓	Details	For Example	Rental	Detail
Outer Layer	Jacket	<input type="checkbox"/>	Wind/waterproof	Ski/Snowboard Jackets	500円	(Upon request ; Size: SS、 S、 M、 L、 LL 1each)
	Pants	<input type="checkbox"/>		Ski/Snowboard Pants	500円	(Upon request ; Size: SS、 S、 M、 L、 LL 1each)
Mid Layer	Feece, down	<input type="checkbox"/>	air pocke for warmth	Fleece jacket + down vest		
	Wool sweater	<input type="checkbox"/>				
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	<input type="checkbox"/>				
Head	beanie, hat	<input type="checkbox"/>	covers head and ears	Ski beanie		
Neck	neck gaiter	<input type="checkbox"/>	warmth for neck	neck gaiter/scarf		
Wrist	gloves	<input type="checkbox"/>	warmth/water repellent	Ski gloves/winter gloves	Free	Upon request, Size: S/M/L
Feet	socks	<input type="checkbox"/>	wool is our choice	Trekking sock, ski sock		
	snow boots	<input type="checkbox"/>	Warm, water-proof, high-cut	Long boots/winter boots	Free	Long boots(23cm-28cm)

持ち物チェックリスト						
Category	Items	✓	Detail	For exaple...		
Eye protection	Sunglasses	<input type="checkbox"/>	UV protection	Polarized sunglasses		
Warmth	Heat pads	<input type="checkbox"/>	spot warming	You can buy @ convenience 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"/>				
Hydration	Water	<input type="checkbox"/>	pet bottles	your choice		
Energy	snack bars	<input type="checkbox"/>	additional glucose for energy	candy/chocolate/snackbar		