

Japanese Hotel Based Ski Touring Equipment List

Hotel based ski touring provides the opportunity to travel light. We will spend each night in a hotel. This allows us to leave all of our camping gear at home and to travel with packs that should weigh no more than 20 lbs. Study this list carefully and please ask for evaluation of your current equipment if needed.

We do have some of the hard goods available to rent for the Japan tour (i.e. ski poles, beacon/shovel/probe, float pack etc). Most of our rental skis are sized for our European tours which means they are not as fat underfoot as what most people will be skiing on in Japan. The deep powder that Japan is famous for certainly plays well with today's fat skis. As always a lighter set-up is easier for uphill travel (which takes up about 90% of the day) so it is still important to strike good balance between weight and width. In our experience a ski in the 105-115 mm underfoot range, mounted with a lightweight AT tech binding with brakes (i.e. Dynafit or Vipec) is a great choice for these trips.

Items marked with a **(R)** are available to rent from NMS.

Ski Equipment

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- Alpine Touring (Randonnée) or Telemark Skis:** If there was ever a place for a fat (105mm+ underfoot) ski this is it! i.e. K2 Coomback 105 or Dynafit Hokkaido w/ Dynafit binding (i.e. TLT Radical FT 2.0) & brakes
 - Ski Boots:** Remember that about 90% of the time will be spend touring uphill. We prefer a 2 buckle boot that is stiff enough for the downhill but also very comfortable for the uphill - i.e. La Sportiva Spitfire
 - Ski Crampons:** While we will primarily be skiing powder, ski crampons are necessary for some of the peak ascents that are available in this area. This is generally not a problem for AT skiers, but telemark skiers often have difficulty finding a crampon that is compatible with their setup. One option is to rig a Dynafit binding plate to your ski and then use this to attach a Dynafit ski crampon to this. We can recommend a shop that knows how to do this.
 - Ski Skins:** i.e. Black Diamond Ascension Nylon STS Skins, these should cover the entire base of your ski with the exception of the metal edges. If there is too much base showing it will be much more difficult on the uphill track.
 - Ski Brakes:** **You must have some way to prevent run-away skis.** We strongly recommend ski brakes which we believe are preferable to leashes as they are quicker and easier to use and more importantly they do not anchor you to your ski which is of critical importance were you to be caught in an avalanche. Over the years we have worked with some skiers who must use leashes for one reason or another (i.e. their bindings do not accept brakes). If you must use leashes be sure they are "break-away" and will detach in the case of an avalanche. i.e. B&D Ski Gear's Break Away leash.
 - Ski Poles (R):** i.e. Black Diamond Traverse or Compactor Ski Pole
 - Ski Strap:** Make sure this fits around your skis and poles i.e. Voile strap
 - Avalanche Beacon (457 MHz) (R):** Start with new batteries and bring a spare set. i.e. Black Diamond DSP Sport
 - Shovel (R):** This should be a metal shovel i.e. Black Diamond Evac 7
 - Avalanche Probe (R):** This should be a sturdy probe i.e. Black Diamond QuickDraw Probe Tour 320
 - Backpack (R):** 35 Liters with the ability to attach skis easily. i.e. Black Diamond Cirque 35. NMS also has the BD Saga 40 JetForce Avalanche Airbag Packs available to rent. An airbag is not required for this trip but it is an option.

Upper Body Clothing

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- Lightweight T-shirt:** This is nice for the evenings and can be made from cotton.
 - Synthetic Long Underwear Shirt:** Light colored lightweight top i.e. Patagonia Mid-weight Zip Neck
 - Insulating Layer:** i.e. Patagonia R1 Hoody or Nano Puff/Nano Air
 - Hard or Soft Shell Jacket:** For ski touring we generally use a soft-shell type jacket with a good hood. An example of an ideal soft shell jacket for ski touring is the Patagonia Levitation Hoody. You need something to protect you from wind and precipitation and as always go for lightweight. In some cases a hard shell (gore-tex) type jacket can be even lighter weight but they are not as breathable and therefore not as nice to tour uphill in. i.e. Patagonia Refugitive or M10 Jacket
 - Insulating Parka with hood:** This can be down or synthetic and should fit over all of your other layers. i.e. Patagonia



Lower Body Clothing

- Synthetic Underwear:** As with all layers these should be synthetic so they wick moisture.
- Synthetic Long Underwear bottoms:** i.e. Patagonia Capilene 2 or Midweight
- Synthetic Climbing Pant:** We wear the Patagonia Dual Point Pant. These are synthetic pants with a bit of wind resistance and have a built in gaiter/cuff that works well enough with ski boots to allow you to leave your gaiters at home. Although these are usually not cheap, they are the way to go for this type of tour. Get a pant with pockets.
- Shell pant w/ full side zips:** Lightweight w/ full side-zips. i.e. Patagonia Triolet Pant

Head, Hands, and Feet

- Warm Hat or Balaclava:** i.e. Patagonia Lightweight Ski Hat.
- Neck Gaiter or Buff:** This can be good for protecting your face in a cold wind. The Buff is a lightweight neck gaiter than has innumerable uses including doubling as an ear band. We do have NMS buffs available for purchase.
- Sun Hat:** i.e. Patagonia Bimini Cap or other baseball cap with bandana
- Dark Sun Glasses:** Make sure these have the darkest lense (Category 4) i.e. Julbo Bivouak or Dolgan, the Zebra or Spectron 4 lenses are best (non-polarizing).
- Ski Goggles**

- Mid weight glove:** i.e. Black Diamond Impulse or Terminator Glove
- Ski Gloves:** i.e. Black Diamond Guide or Rambla Glove
- Chemical Hand warmers:** optional but nice for people whose hands get cold easily

- Boot Liners:** While not required, we find that a Thermofit type liner is the way to go as it increases the comfort and lowers the weight of your ski boot. Additionally you may be able to find ski shops that will produce a custom made liner that can help with difficult to fit feet.
- Custom Foot Beds:** At the very least you probably want to replace the foot beds that come with your boot with something like Super Feet. A custom foot bed is going to increase the comfort of your boot even more.
- Socks (2-3 pairs):** These should be a mid weight wool or synthetic ski sock, no cotton.

Other Items

- Food:** Breakfast & dinner is provided in the ski lodges. If you have favorite snack items such as GU bring it with you from the states. You will be able to find new and interesting lunch foods to try locally.
- Water Bottle or Thermos:** A good combination is one ½ liter thermos & one 1-liter water bottle.
- Head Lamp (R):** It is worth having a small lightweight headlamp i.e. Petzl Zipka w/ fresh set of batteries or Actik Core.
- Pocket Knife (O)**
- Repair Kit:** Bring a small kit specific to your bindings. If you are on Tele gear with cable bindings bring an extra cable. We will provide basic repair kits.
- Blister kit:** This should be very small i.e. duct tape, Compeed pads (these are AMAZING for blister prevention/relief and worth their weight in gold, far superior to moleskin), & band-aids.
- Sunscreen:** 2 x 1 oz. tubes with high SPF factor (30 or higher)
- Lip Balm w/ sunscreen**
- Toiletries:** Small tube of toothpaste, toothbrush.
- Ear Plugs**
- Small Camera:** Rigged to carry on the outside your pack. We would strongly advise against bringing a big SLR type camera.
- Batteries:** Always carry a spare set for your beacon. Also as needed for camera, headlamp, etc.
- Duffel:** You should be able to pack much of your gear into the ski bag with your skis and then use your ski pack as your carry on bag. If you use this system you should easily be able to fit the remainder of your gear/street clothing into a small-mid sized duffel. You can then use this bag to store your gear in the hotel as we are out skiing and for transporting gear in the car from one area to the next. We use and love the Patagonia 60 L Black Hole Duffel
- Ski Bag:** Fill it to 50 lbs. for flight. The wheeled versions are great! (Patagonia Black Hole 190 Snow Roller)



- Street Clothes:** Primarily or start and end of the trip.
- Swim Suit:** We will visit Onsens that are separated by gender and co-ed. Generally speaking you do not have to wear a suit in the gender separated onsens but you are required to in the shared onsens. The Onsens are one of the highlights of the trip!
- Passport:** Also make a photocopy to carry on the tour.
- Money:** ATMs work well in town. Be sure to notify your bank and credit card providers of your travel plans in advance of your trip.

