

Packing List for the Shikoku Pilgrimage

Backpack

- Deuter 34 litre with rain cover
- Plastic bag for rucksack inside

Clothing

- Road running shoes, goretex
- Shoe insoles, shock-absorbing
- 3 pairs of double-layer hiking socks
- 2 hiking trousers
- 1 belt
- 1 hiking shirt
- 1 merino shirt, long
- 2 merino shirt, short
- 1 underpants long
- 2 underpants short
- 2 multifunctional scarves, bandanas
- Sun hat (with UV protection)
- 1 rain jacket

Documents

- Passport
- Credit card
- Bank card
- Waterproof bag for documents

Electronics

- Smartphone
- Tablet
- Compact camera
- Camera bag
- Memory cards incl. case
- Spare battery
- USB plug with Japanese adapter
- Charging cable
- Waterproof bag for electronics
- Headlamp with batteries

Wash bag

- Toothbrush
- Toothpaste, small tube
- Shaver and blades
- Shaving foam
- Sun cream
- Lotion for foot care, small tube
- Healing ointment, small tube
- Personal medicines
- Painkillers, Aspirin
- Disinfectant
- Blister bandages
- Band-aids

Miscellaneous

- Shikoku Japan 88 Route Guide
- Reading glasses
- Spectacle case
- Sunglasses
- Wallet
- Lighter
- Knife, small for fruit
- Scissors
- Safety pins
- Postcards (souvenirs)
- 1 microfibre towel, small
- Pen

Pilgrim equipment

- Staff, kongōzue
- White vest, sleeveless
- Pilgrimage book, nōkyōchō
- nameslips, osamefuda, 1 pad
- Incense sticks, 1 pack
- Candles, 1 pack