check	Item	memo
	Ticket	
	Wallet, e-money	
	Smartphone	
	Trekking shoes, rubber boots, etc.	
	Rainwear or poncho	
	Cold-weather jacket	
	Hat	
	Sunglasses	
	Watch	
	Towels or handkerchiefs	
	Antibacterial wet wipes	
	Sunscreen	
	Lip balm	
	Insect repellent spray	
	ID and insurance card	
	Stainless bottle	
	Folding chair or picnic blanket	
	Flashlight or LED light	
	Sweat wipes	
	Large, lightweight cloth	
	Cough drops, etc.	
	Ziploc bags	
	Sling bag	

check	Camping Gear m	nemo
	Tent set	
	Sleeping bag, pillow	
	Sleeping pad	
	Cot	
	Lantern	
	Portable power supply	
	Phone charging cable	
	Water tank	
	Picnic blanket	
	Large plastic bags or garbage bags	
	Guy ropes, carabiners, duct tape, etc.	
	Work gloves (with non-slip palms)	
	Change of clothes and pajamas	
	Bath set (if you stop by bath houses処)	
	Toiletries and toothbrush set	
	Cosmetics	
	Locks, padlocks	
	Tent marker	
	Tarp	
	Table and chairs	
	Cooler box and ice packs	
	Carry cart	
	Fire pit, cooking gear, tableware	
	Stove	
	Folding shelf	

check	Miscellaneous	memo
	Amino acid	
	Rest sheets, plasters, etc.	
	Earplugs	