

# Winter outfit to hike and ski in Upper Nikko

## 【Spring and Autumn climate】

### Winter outfit



It is under zero degrees and there are some days it gets under 10 degrees during the day in the mid-winter since Upper Nikko is located over 1,000 meter above sea level. Please be equipped for cold weather.

## 【Outfits】

Sky wear or Tops are layering an inner of heat tech and long leaved shirt, fleece. Bottoms are layering an inner of heat tech and dried and elastic trousers. In addition to them you need to layer a rain wear. You should wear snow boots.

## 【Others】

- Cap having ears cover
- Waterproof gloves (thin one and thick one)
- Neck warmer
- Rucksack (Wide carry belt is better)
- Portable ration (snack and lunch \*Rice is not good)
- Hop beverage
- Towel
- Rain wear (Separated type)
- First aid kid
- Sunscreen (For sunburn with snow)
- Map



※Please bring a rain wear even if weather is good since we use it for keeping warm.