

Mt. Fuji Safety Briefing

A scenic view of Mount Fuji, a large snow-capped volcano, dominating the background under a clear blue sky. In the foreground, a traditional Japanese pagoda with multiple tiers and a spire is visible on the right side. The middle ground shows a dense urban area, likely Yokohama, with many buildings and trees. The overall scene is bright and clear, suggesting a good day for a hike.

Yokota Outdoor Recreation

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① Fuji Facts

- It's the 2nd largest single mountain in the world and it's as high as 8.5 Empire State Buildings.
- This hike will require little expertise and the proper equipment, not doing so may result in serious injury or even death.



Highest mountain in Japan

12,388 ft (3,776 m)

- Anyone in good physical condition can climb Mt. Fuji, although it is not easy and should be approached as a physical and mental challenge.



40°F (4 °C) !

- This is the average temp. in mid-summer on the summit. It can even get colder depending on the weather.
- It is usually very cold in the morning and during the night, even in summer.

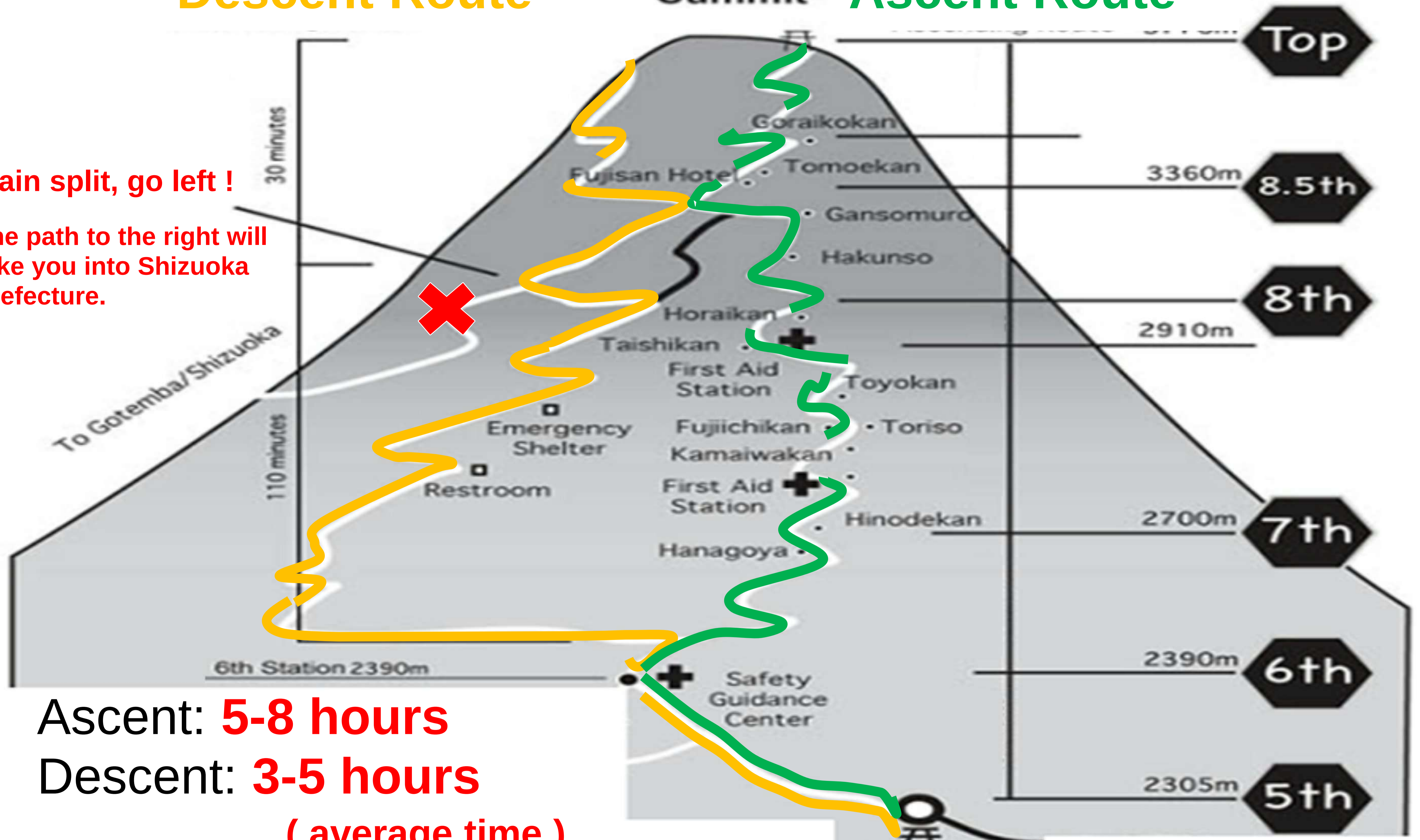
Descent Route

Summit

Ascent Route

Main split, go left !

The path to the right will take you into Shizuoka Prefecture.



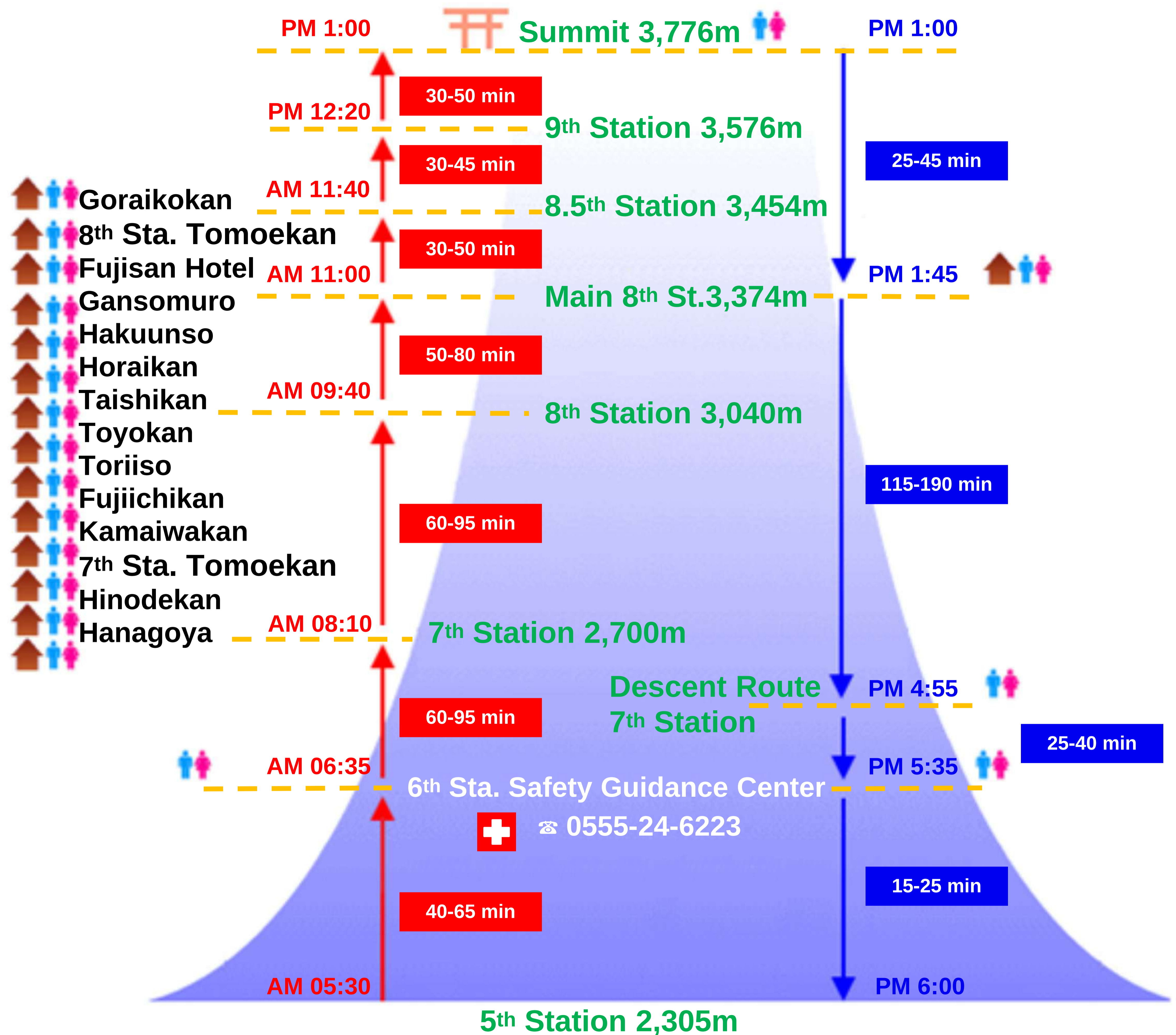
Ascent: **5-8 hours**

Descent: **3-5 hours**

(average time)

5th Station Bus Terminal

Fuji-Yoshida Route : The most popular route to climb to the summit.



-  Mountain Hut
-  First-Aid Center
-  Restroom

Time limit at each station to ensure not missing the bus !!

Don't get lost !

- Trail signs are color coded to match specific routes.
- Be careful not to take a wrong descending trail.
- Be sure to follow correct signs **colored in yellow**.

Key words !


- **Yoshida Trail**
- **Kawaguchiko-town**
- **Subaru-line**
- **Yamanashi prefecture**



Color coded sign



② Preparation

- Limit caffeine & alcohol 24 hours prior
 - Get lots of sleep (at least 8 hours of sleep)
 - Attain proper equipment
- 
- A decorative graphic at the bottom of the slide featuring a dark blue gradient background. In the foreground, there is a silhouette of a mountain range in a brownish-tan color. The sky above the mountains is a lighter blue gradient, and the bottom right corner has a bright cyan-to-green gradient.

Packing

- Go through the supply checklist in the Mt. Fuji pamphlet.
- Remember to pack necessities only and avoid “nice to have” supplies.
- Less weight also means better balance.



③ Equipment & Supplies

- An absolute minimum set of clothing for climbing Fuji would be:



Hiking boots (No Sneakers)

- The rocky, steep terrain in some sections are reasons to bring proper hiking shoes which protect and support your ankles.
- Available for rent.



Rain gear (No Poncho)

- Bring rain gear, as weather conditions can change very quickly on the mountains.
- Available for rent.



- Rain or shine we will climb Mt. Fuji

Prevent sunburn

- Head cover, sunglasses, long-sleeve shirt and sunscreen are items to protect yourself from sunburn.
- You will be subjected to direct sunlight all day.



Backpack

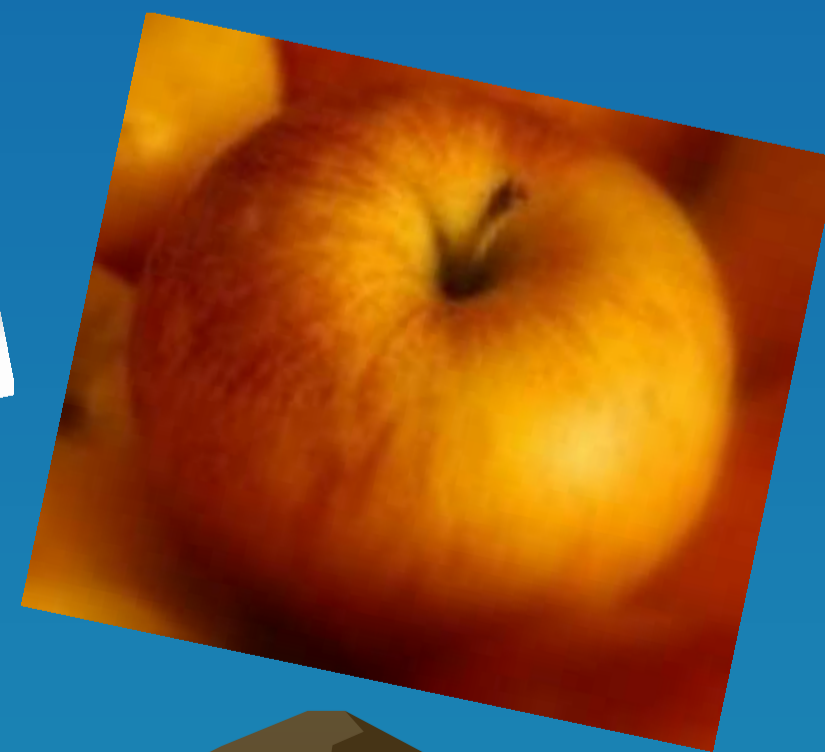
- Bring along 20-30 liter backpack with a shoulder and hip belt.
- Available for rent.



High calorie food, snacks & drinks

- It is important to bring enough water and food.
- Bring along at least 1.5 liter of water per person.
- Mountain huts offer various meals and drinks.

However, the prices increase with the altitude.



Headlamp or flashlight & extra batteries (if climbing at night)

- Most people choose head lamps, as they leave both of your hands free.
- Available for rent.



Gloves

- Gloves are also strongly recommended to protect against the coldness and for hiking the steep and rocky passages.
- Available for purchase.



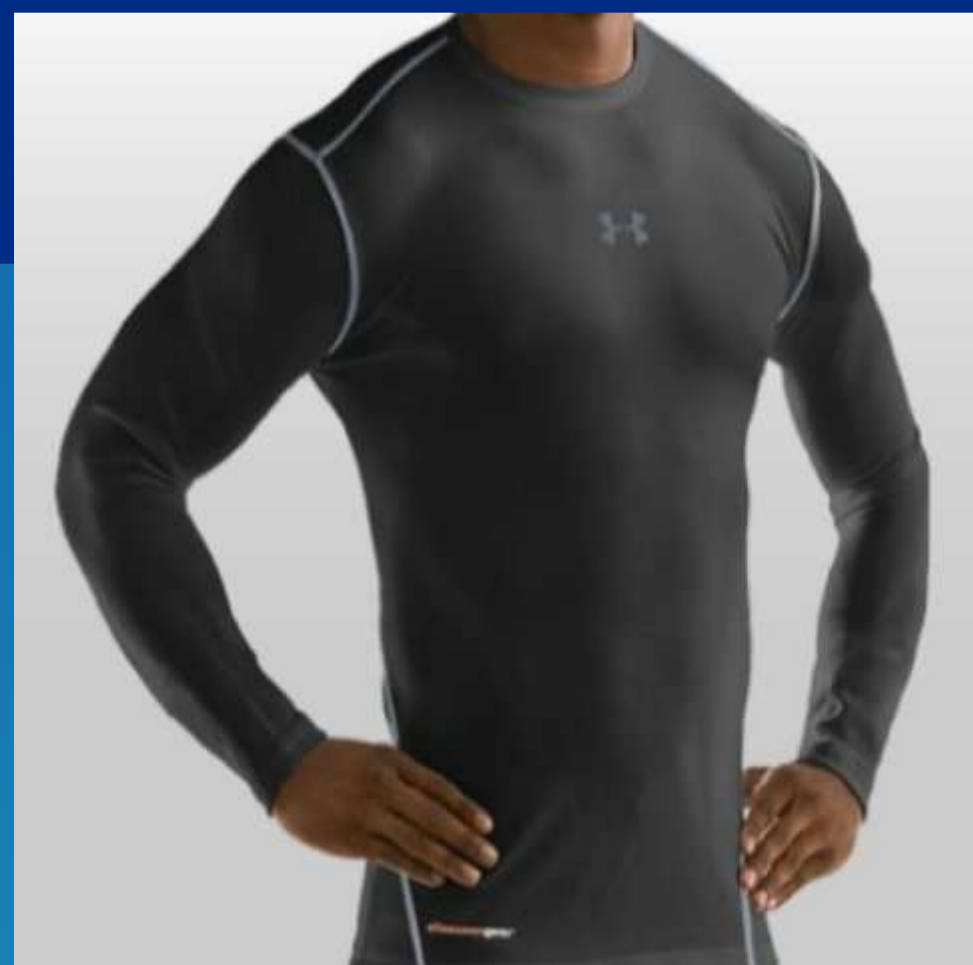
Clothing (No Jeans)

- No cotton or jeans because once wet, your body core temp. will drop quickly and it will not dry so quick.



Clothing (Layers)

- It is advisable to dress in removable layers such as a base layer, T-shirt, sweater and light jacket so that you will not be too hot while hiking and not too cold at the summit.
- Long-sleeve shirt is strongly recommended to protect yourself from sunburn.



Helmet

- After more than 60 people died when a nearby volcano, Mt. Ontake erupted without warning in 2014, we will strongly urge climbers to be equipped with a helmet, dust mask and goggles.
- Even bike helmet is better than nothing.



Helpful Items

- Oxygen is an effective tool in preventing and fighting altitude sickness (available for purchase)
- Trekking poles for better balance and support (available for rent)
- Camera for the spectacular views!



Other supplies

- Plastic bags for garbage or to keep items in your back pack dry
- Small towel (for sweat or dust)
- Extra Japanese-yen
- Bandages, aspirin or other pain reliever
- Change of clothes (you can leave it on the bus)



④ Expenses

- Climbing stick & stamps
- Toilet fees (toilets are pay-per-use and cost 200-300 yen)
- Emergency water, food or oxygen
- Train or taxi fare (in case you get lost)
- Total suggested ¥ 20,000 & ¥ 100 coins



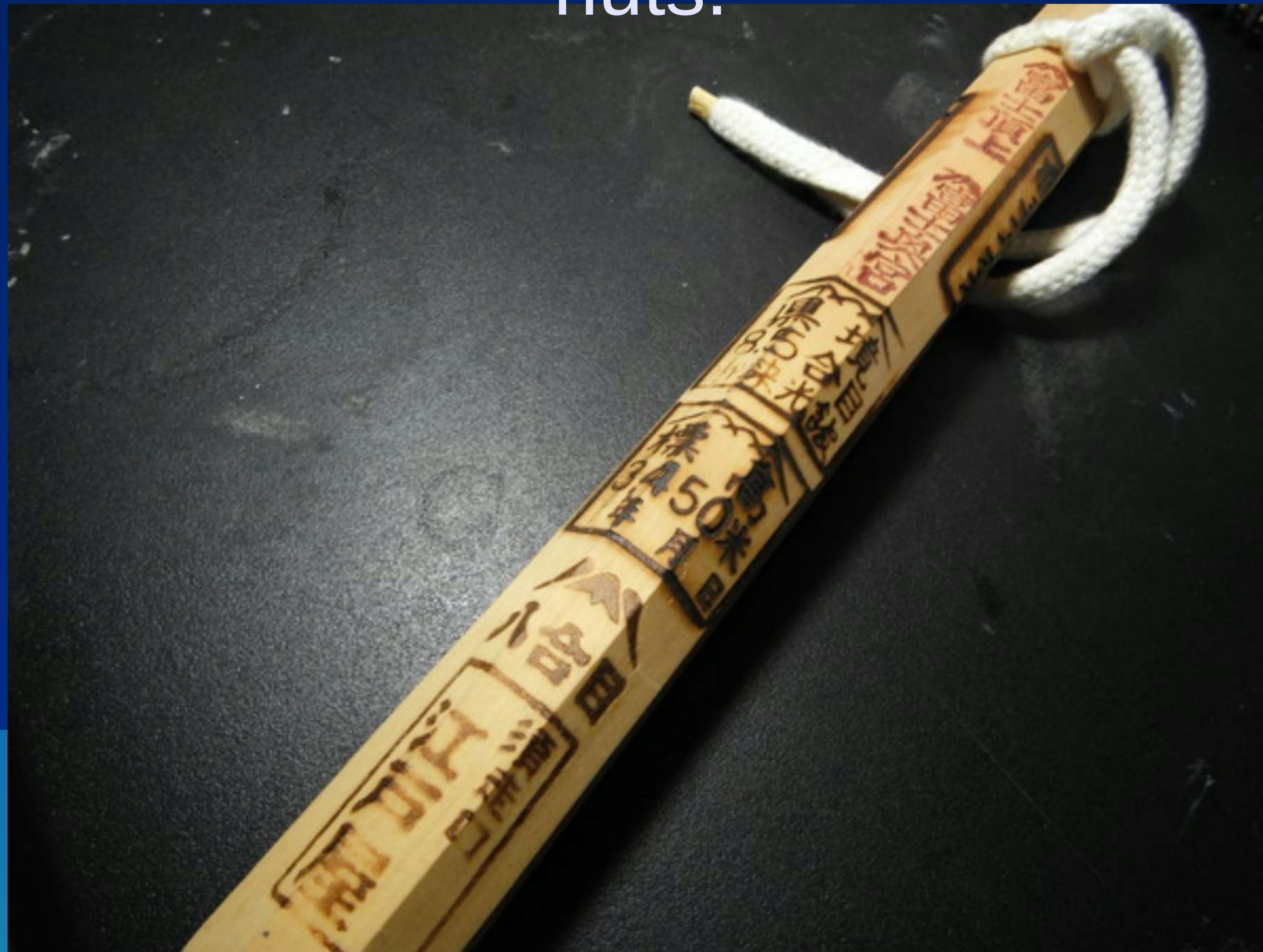
Souvenir climbing sticks (1,500yen)

Can purchase at Mt. Fuji.



Souvenir stamps (200-500yen)

You can have your hiking stick stamped at the huts.



⑤ Climbing Precaution

- Set a slow and steady pace from the beginning and avoid overexertion.
- It is better to take frequent short breaks rather than to stop only a few times for long periods of rest.
- Prevent dehydration.



The beginning at the 5th station



Starts off with a little downhill



Slow and steady pace is the key!



The rough terrain



Safety

- Refrain hiking away from marked trails and watch your step.
- Rock slides are frequent.
- If you see or hear a rock slide, shout to alert other climbers and take cover.



8th station



Warning ①

- Near the top the air is noticeably thinner (70%), which may cause altitude sickness and breathing difficulties.



Altitude Sickness

- Altitude sickness is caused by decrease of oxygen.
- Symptoms include headache, decreased appetite, fatigue, shortness of breath, dizziness and nausea.
- To avoid altitude sickness, hike at a slow and steady pace, make frequent short breaks, drink plenty of fluids, eat food high in calories, and avoid alcohol and tobacco.
- Small bottles of oxygen can be an effective tool in preventing and fighting altitude sickness.



Little above the original 8th station



Almost there!



View of the Sunrise



Summit vendors



When you reach the top

- There are vendors lined up for about 75 meters and at the end there is a restroom.
- Behind this restroom is the entrance to the descent trail.
- Just remember to head down the correct descent trail before the turn around time because there are other descent trails along the crater.



Heading down

It's all loose gravel from here!



Warning ②

- Injuries typically occur during the descent phase because you are worn out from climbing.



Before heading down

- Make sure your shoelaces are tied good and tight. You need all the support of your boots at the ankles when descending.
- If you have trekking poles, set the length longer than you had them on your ascent and brace yourself as you go down.
- Keep in mind that there are only 3 restrooms until you make it back to the 5th station.
- Pay attention for the main split at Edoya hut.



Sign at the main split. Go left!



Warning ③

- Afternoon weather is frequently unstable, rain and thunderstorms are common.
- If you hear thunder or sense any abrupt change in weather, promptly enter a shelter at any nearby mountain hut.



Long long walk and ...



Finished! Back at the 5th station



Please Be Considerate

- Trash on Mt. Fuji is a serious problem.
- There are no trashcans on Mt. Fuji.
- If you “Pack it in”, you must “Pack it out”.
- Please do not litter on the mountain and be careful not to damage the trees.



Overnight Trip Lodging Information

- They are open only during the hiking season.
- Toilets are outside the hut, but no shower facilities.
- The hut on the mountain are rugged style huts.



Overnight Trip Lodging Information

- All guests have to share one large room with the other hikers.
- The hut provides a sleeping bag.
- You will receive a simple dinner and breakfast at the hut on our Overnight Trip.

Warning ④

- If you have a positive Sickle Trait or Sickle Cell Disease, even if you have never been ill from it, we advise you not to climb Mt. Fuji.



Warning ⑤

- The warnings mentioned in this slideshow are not a joke, every year inadequately prepared people die on Fuji.



Warning ⑥

Mt. Fuji is an active volcano, standing at the junction between the Pacific, Eurasian and Philippine tectonic plates.



- Japan earthquake has raised pressure below Mt. Fuji.
- Mt. Fuji is now in a state of pressure, which means it displays a high potential for eruption. The risk is clearly higher.
- On the list of the 47 peaks most at risk, according to the Japan Meteorological Agency, is Mount Fuji.
- On 27 September 2014, Mt. Ontake, some 80 miles from Mt. Fuji, erupted without warning – killing 56 people and leaving at least 7 others missing in Japan's deadliest volcanic episode for almost 90 years.



Some advice

- If your symptoms of altitude sickness is getting worse, it is wise to head down and return to the bus. If you force yourself and keep going it's just going to get worse, plus you need energy to go back to the bus!
- You don't have to climb all the way to the top, you can return to the bus anytime you like.
If you are above the 8th station there are some paths to cut across to the descent trail, otherwise just go down the ascent trail.



Please bring your Mt. Fuji booklet
on the day of your trip,
you can download it from our Web.
<https://yokotafss.com/odr/#fuji>

The Mt. Fuji tour guide will answer any questions you have!

If you have any questions, please come to
Outdoor Recreation, Bldg. 564

GOOD
LUCK!!

