

## Mt.Fuji climbing basic knowledges / equipment and clothes / buy it or borrow it ?

- In order to make Mt. Fuji climbing safety and enjoyable, equipment and clothes selection are very important. ●Let's prepare for climbing Mt. Fuji with all the essential climbing equipments.
- It costs about 100,000 yen to arrange all the equipment of Mount Fuji climbing.
- However, if you do not keep climbing as a hobby in future, rental will be convenient even if you do not buy it. (See the enclosed rental materials)

### 【Essential basic equipment】

- ◆**Rain gear** / ●upper and lower set of waterproof breathable superior separate type required.
  - Used for warm clothes as well. ●Wind breakers are not recommended. ●Ponchos and umbrellas are not useful as well.
- ◆**Item to prevent cold** /● Please prepare light fleece or light down jacket under rain gear. ●We can not recommend it because the wool sweater will be bulky. ●Cotton sweatshirt will get heavy and get cold as well.
- ◆**Long sleeve shirt** /● Please wear it on a short-sleeved T-shirt for cold weather or sunburn ●When you feel hot, roll up your sleeve and open your chest. ●The material with thermal insulation and quick drying is the best.
- ◆**Underwear** / ●quick drying one. ●Do not wear things with 100% cotton absolutely ●It is safe to prepare underwear for replacement. ●The fast drying material for mountaineering is the best.
- ◆**Trekking pants** / ●shorts are not recommended. ●Elasticized trekking pants are recommended.
  - Do not wear jeans because it will become heavy and will not dry out if it rains.
- ◆**Hats Gloves** / ●It prevents sunlight, protects the head, and can also secure visibility in case of rain.
  - It is also necessary to devise not to be skipped by strong winds using clips. ●It is even better to have function to prevent cold. ●When climbing a rocky place, it is necessary to prevent injury when falling. ●Cotton gloves can be used, but warm and completely waterproof thing is the best.
  - We do not recommend skiing gloves because it is too hot.
- ◆**Trekking shoes** / ●hard shoe sole is easy to walk and less tired. ●Do not put on short boots such as athletic shoes. ●Be sure to prepare trekking shoes and high-cut shoes. ●New shoes should be worn several times.
- ◆**Backpack** /● one with 20 ~ 30 l size with waist harness. ●Let's light things down, heavy things in the middle on the back side and items with heavy use top up. ●Especially for ladies, please be careful to minimize your baggage.
- ◆**Head lamp** / ●Please prepare a head lamp with your hands free. ●I will not climb overnight, but it is necessary for baggage arrangement at the hut and night toilet.
- ◆**Gator** / ●A cover to prevent rain and gravel from entering the shoes.
  - When descending a mountain, it is an absolute necessity in a gravel trail.

## **[When you climbing Mt.fuji, a helpful item to be comfortable. It's okay if you do not have it]**

- ◆ **Trekking pole** / ● It is not necessary for good walkers. ● "Kongozue" which is wood pilgrim's stock is reliable when descending. It will also be a memorial to Mt. Fuji, but for overseas customers it is recommended to use a short size that is easy to carry around.
- ◆ **High functional tights** / ● those who are not confident in physical fitness will be able to climb safely with muscle protective climbing tights. ● It reduces the feeling of fatigue remaining on the next day.
- ◆ **Sunglasses** / ● for UV protection and dust prevention ● Goggles are the best. ● If you are wearing contact lenses please be sure to wear glasses instead. Because there is a possibility that small gravel falls into your eyes
- ◆ **Mask** / ● Useful when descending a mountain. ● Instead of a mask you can substitute towel or bandana.
- ◆ **Sunscreen cream** / ● Even if it is cloudy, ultraviolet rays are so strong that it is a necessity for women. ● It is better to have lip balm.
- ◆ **Mobile phone Smart phone** / ● You can not charge mobile phones and smartphones in a mountain hut. ● Please charge before departure. Let's turn on the power only when you want to use it. It's good to keep your mobile in airplane mode.
- ◆ **Drinking water** / ● 2 days is required in 2 days. ● However, water is heavy, so prepare only 500 ml before departure. ● Afterwards you can buy it every hour at a mountain hut on the way. ● Sports drinks are recommended.
- ◆ **Mobile meals · sweets etc.** / ● In the case of Mt. Fuji climbing, there is a hut every hour, so there is no need for an emergency food. ● Candies, chocolate, jelly drinks and supplements are also good for replenishing sweetness and salt while walking. ● Please do not hold so much that backpack becomes heavy.
- ◆ **Portable Oxygen Tank** / ● This is effective for light altitude sickness. ● Since your baggage will increase, you can buy it in a mountain hut after the symptoms of altitude sickness.
- ◆ **Backpack cover** / ● It prevents anything in your backpack getting wet. ● In order to prevent getting wet, you can wrap all the contents of the backpack with a plastic bag.
- ◆ **Waterproof bags** / ● plastic bags / Do not forget to bring your garbage. ● Use it as a way to keep the inside of the backpack from getting wet and for storage of wet things.
- ◆ **Health insurance card** / ● Just in case please bring a copy.
- ◆ **Medicine** / ● regular medicine ● Band aid, disinfectant, please bring some medicine if you have a medical condition. Please take with caution. (Please consult with your doctor beforehand)
- ◆ **Wallet** / ● credit cards can not be used to pay the accommodation fee of the mountain hut. ● Please pay in cash at the mountain hut on the day. Mt.Fuji toilet is charged. Please prepare 100 yen coin.