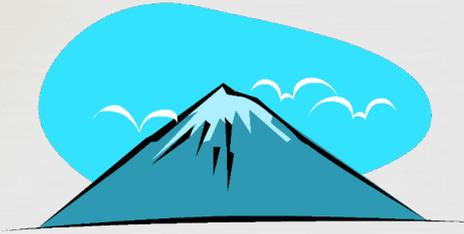


# Mt. Fuji Safety Brief





# Facts

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- Mt. Fuji stands at roughly 12,389 feet and is the 35<sup>th</sup> tallest mountain in the world.
- Temperatures fluctuate from mid 80's - low 30's Fahrenheit.
- Trail consists of loose gravel, rugged terrain, and volcanic ash.
- World Heritage site as of 2013.



# Recommended exercises

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- Strength Training: Squats, dead lifts, lunges.
- Cardio: Stepper machine, running
- Stretching for flexibility and full range of motion.
- Climb smaller mountains/hills.
- Practice good nutrition and hydration!!!

# Before you climb

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- If you have medical health issues, consult with a medical provider prior to climb.
- Avoid all alcoholic beverages.
- Read and sign Liability waiver.
- Departure 0200, be well rested!

# What to wear?

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# What to wear?

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# What you'll need

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- Sunscreen, Sunglasses, Chap stick, Small towel
- Watch and Cell phone
- High-calorie Snacks, Water
- Toilet paper



# What you'll need

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- At least **¥30,000** for emergency funds.
- Coins for restrooms. (No Credit Cards)
- Extra change of clothes after climb.
- Trash bags (Do not litter)



# Fuji-Subaru Line 5th Station



# The Climb

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- Climb starts and end at **Fuji Subaru 5<sup>th</sup> Station**.  
Using the Yoshida Trail
- STOP Ascending at 1300 and START Decending,  
turn around and return to the bus.



# The Climb

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- Stay hydrated and eat small amounts of food regularly. You may burn up to 7000 calories.
- Set a slow & steady pace.
- Be aware of your heart rate and oxygen intake.



# The Climb

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- If lightning occurs, descend the mountain immediately.
- Watch for falling rock.
- Be aware of the altitude sickness symptoms.
  - Headache, nausea, shortness of breath
  - Rest or descend the mountain

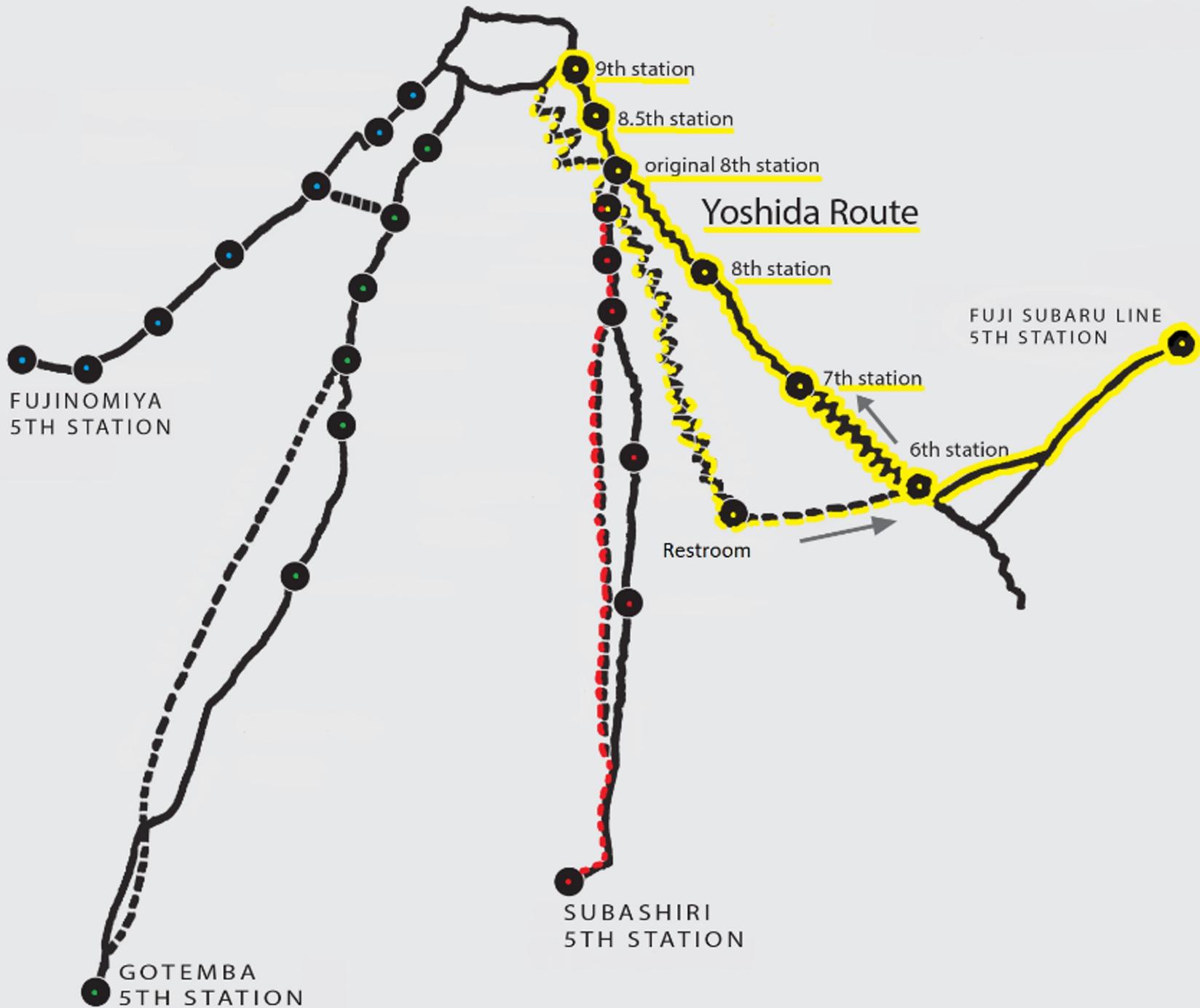


# Climbing Don'ts



- Don't feel overwhelmed
- Don't kick rocks
- Don't venture off trail
- Avoid hiking alone
- Don't be rude or hike aggressively
- Use restroom, not trail







# The Summit



# The Summit

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- Vending machines, souvenirs, food, drinks etc.
- Rest, rehydrate, use restroom, snack and prepare for the descent.
- Be aware of time resting!
- Start descending at **1300**



# The Descent



# The Descent

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- Limited restrooms
- Injuries usually happen during descent.
- Descending methods: Zigzag, side step, etc. Avoid running down.
- Flail your arms backwards to slow down and gain control.
- Observe all signs. Hikers get lost if not cautious.

# The Descent

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- There are two trails descending. Use Yoshida trail, NOT Subashiri-guchi trail.
- Turn LEFT when passing the 8<sup>th</sup> Station Hut.
- Stay Left during your descent

# Watch for Edoya Hut

Yoshida Trail



Subashiri Trail



# Be Aware of Signs



# Departure Time

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The bus leaves  
Mt. Fuji at **1700**

<https://www.youtube.com/watch?v=povuDioB7n8>

# If you miss the bus...

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- Use your ¥30,000 for train transportation back to Atsugi.
- Or get a hotel, rest and leave the next morning.
- Avoid taking a taxi. Big ¥ ¥

# Important phone numbers

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- 5<sup>th</sup> station Gogen House (bus parking) 0555-72-1251
- Mt. Fuji information center 0555-72-1477 (0930-1530)
- 5<sup>th</sup> station rest house 0555-72-1252
- Safety Climbing Guidance Center 0555-72-6223
- Fujiyoshima Police Department 0555-72-0110
- Kawaguchikoguchi 5<sup>th</sup> Station 0555-72-5500 weather information

# NAF Atsugi phone numbers

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- NAF Atsugi Security 0467-63-3200
- Liberty Center: 0467-63-4750
- Trip Lead POC Jay: 090-3420-8603
- Trip Asst. POC : 090-6861-7956
- Emergency contact from your Command