

## Check List

- 1. Flashlight and extra batteries.** Headlamps are very useful and can be purchased for less than 2000 yen.
- 2. Hiking boots, trekking shoes or good running shoes.**
- 3. Thick socks and a change of socks.**
- 4. Waterproof, windproof, warm jacket or shell** (something light enough to pack when it's too hot to wear) for proper protection against low temperatures and strong winds. It can drop to below zero at the summit, and strong winds can cause windchill. Bring rain gear, as weather conditions can change very quickly on the mountain.
- 5. Long pants** (or shorts along with some shell pants that you can pull out of your pack). Again, waterproof, windproof, warm pants are recommended.
- 6. Hat, scarf, and gloves** (depending on how susceptible you are to cold, these may be optional)
- 7. Water and/or sport drink** (at least a couple of liters). You can buy water at the stations, but it is expensive and supplies can run out.
- 8. Camera(s) and film** to capture an incredible sunrise and outstanding view. Don't forget to charge your battery/bring extra ones.
- 9. Money** (for items on the way, rest stays at stations, and for emergency expenses. You may also want to buy a walking stick onto which you can get a stamp burned at each station showing the altitude you have achieved)
- 10. Food** for your meals and/or snacks; plenty of food is available along the way but at high prices. Prices increase with the altitude. Garbage bags; please carry home all your garbage.
- 11. Daypack or large fanny pack** (comfortable and big enough for the stuff you need to carry). But **remember, pack light!**
- 12. You may consider buying oxygen canisters.** They can be picked up at sports stores for less than 700yen a can. They will be a lot more expensive on the mountain. We have climbed it three times without any oxygen, and to be frank, you would probably need a few dozen cans to really have an effect, but if you start to suffer from altitude sickness, it could be comforting to inhale some pure oxygen. To avoid altitude sickness, remember to climb at a slow pace and take frequent breaks.
- 13. Money for the onsen** (hot springs) and **for lunch**. Onsen's entrance fee is 1,500 yen.
- 14. Bathing costume for onsen** There is a "Mizugi (bathing costume) Zone" in onsen. You can enter onsen with bathing costume.\*rental available: 200 yen

**This list isn't comprehensive.** Use your common sense, and check the links at the bottom of this page. There are many different routes all of which have their own fifth station starting point. We will be climbing up the Subashiri route. The time is predicted to be between 5-7 hours depending on how much you rest. It is route that is doable by all ages.

## Websites to check out:

- ◆ A simple, practical guide for climbing Mount Fuji with some logistical stuff not covered above. Check especially "Notice to Climbs" and "Equipment" page  
<http://www.yamanashi-kankou.jp/english/english004.html>
- ◆ Good introduction for Fuji climb  
<http://gojapan.about.com/cs/mtfuj/a/climbmtfuj.htm>  
<http://www.shizuoka-guide.com/english/fuji/index.html>