富士山登山
MT. FUJI
MOUNTAINEERING
TRIP GUIDE
Mount Fuji

Climbing Mt. Fuji, the highest peak in Japan (12,388 feet/3,776 meters), is an exciting and exhilarating experience that requires little expertise or equipment. However, lack of preparation and disregard for simple, yet critical, safety precautions can result in serious injury or death. Anyone in good physical condition can climb Mt. Fuji although it is not easy and should be approached as a legitimate physical and mental challenge. The official climbing season for Mt. Fuji is from 1 July to 26 August.
HISTORY OF FUJI VOLCANO

Komitake Volcano which now forms the northern part of Mt. Fuji, first erupted 700 thousand years ago, emitting sticky lava and lapilli for a long time. At the same time, the southern part of Mt. Ashitaka was erupting. Mt. Komitake was about 8,202 feet high. The older Fuji Volcano erupted again on the south of Komitake Volcano, sending out brass-colored volcanic mud flows in all directions. It is considered to have become a large strato-volcano, the height of which attained about 8,858 feet. The eruption on younger Fuji volcano broke out on the nearest region to the center of the older Fuji Volcano about 10 thousand years ago. The younger Fuji Volcano emitted less sticky lava, volcanic ash, sand and lapilli continuously. It buried Komitake Volcano and older Fuji Volcano, adding to its height and finished the organic movement several thousand years ago.

MOUNT FUJI...

- is the second highest single mountain in the world.
- is as high as about 8.5 Empire State Buildings.
- is 621 miles away from Ashahikawa in Hokkaido (in the north) and Kagoshima in Kyushu (in the south)
- average temperature on the top in mid-summer: about 43° Fahrenheit (6° Celsius). It feels colder than the actual temperature because of strong winds.
- trail surface is rock, gravel, sand and volcanic ash.
SAFETY TIPS

- If there are signs of lightning or storms, cease climbing and find shelter in a hut.
- Stay on the climbing path, otherwise there is the possibility of encountering rock slides or getting lost.
- Stay with your group and follow the leader. Do not venture out on your own.
- When climbing at night, be careful in rocky areas. It is easy to stumble and fall.
- Rock slides are frequent. If you see a rock slide, shout to alert other climbers. Stay to the inside of the path where footing is more firm, and the wall can offer protection.
- Rock slides sound like thunder. Hit the ground immediately closest to the wall if you hear it.
- Do not drink alcoholic beverages and limit your caffeine intake.
- In the event of injury or sickness, perform necessary first aid, then carry the person to the nearest mountain hut and contact a doctor (there is one at the sixth station), or call your tour guide at 080-6750-8450 or 080-6750-8566.

PACKING

LACK OF EQUIPMENT

Remember to prepare and pack all of the necessary items for the climb. See our packing list to ensure you are properly prepared.

OVER PACKING

Keep the weight in your backpack to no more than five pounds. Take only necessities and avoid “nice to have” supplies. Consume the high-protein foods in light weight package rather than cans. A heavy pack will overtax you and cut off blood circulation to your limbs. Less weight also means better balance.

WEATHER FORECAST

High winds, cold temperatures (below freezing at the summit), and sleet occur frequently during the rainy season. It is possible to suffer from exposure, exhaustion and frostbite, despite having rain gear and warm clothing.

SUPPLY CHECKLIST

- Thick soled hiking boots (Mandatory)
- Medium size backpack
- Lightweight rain gear (Mandatory)
- Headlamp with extra batteries
- (if climbing at night)
- Gaiters
- Trekking poles (Optional)
- Warm jacket
- Long sleeved shirt
- Hat (with visor)
- Small towel
- Utility gloves
- Water bottle or hydration system
- (i.e. Camelbak)
- Water (at least 2.0 liter)
- Light meal
- (cheese/sandwiches/beef jerky/sweets)
- Aspirin
- Cash (Yen) See expenses on pg. 4 (Mandatory)
- First aid kit (some bandages)
- Sunglasses
- Sunblock lotion
- Plastic bags
- (to keep your things dry & for trash)
- Small roll of toilet paper
- Blister kit with moleskin
- Change of socks
- Oxygen can (Optional)
- Wet tissue
- Cotton surgical mask (when dust rises)
- Watch & cell phone
- (to tell time and for emergency)

Not Recommended: Jeans, sneakers, rain poncho

*Each individual should carry their own supply items.
*First six items can be rented from ODR (225-4552 or 4553)
CLIMBING

- Set a slow and steady pace from the beginning and avoid overexertion.
- Take frequent short breaks.
- The average climbing time is six to seven hours from fifth station to the top.
- Prevent dehydration.

REST PROPERLY
To climb Mt. Fuji safely, it is recommended that you have at least eight hours of sleep prior to the climb. Without sufficient rest, injuries and exhaustion can occur.

OVEREXERTION
Altitude sickness (nausea, chest aches, dizziness) often occur when climbers rush while on the lower, less steep areas of the mountain. The result is improper adjustment to higher elevations, oxygen depletion, muscle cramps, etc. A key to a successful climb is to appreciate the mountain. The difficult parts are from station eight to the summit, so conserve energy whenever possible. Take your time, as frequent short breaks are better than longer breaks. Keep steps short, and keep your weight centered over your legs.

FRAME OF MIND
Reaching the summit is “mind over body.” If you are not serious about the climb or you approach the task lightly, you will probably end up turning back. If the desire is low, stay home.

WHAT TO DO AT THE SUMMIT?
- Watch the sunrise (for overnight climbers) above the “sea of clouds.”
- Get a stamp at each station added on your climbing stick.
- Walk around the summit crater on an hour-long circuit.
- Mail a letter from the summit post office (40 minutes from station).
  
  Open 6 a.m.-2 p.m., 10 Jul-20 Aug

EXAMPLE OF FUJI EXPENSES

- Climbing Stick (Kongou-zue)  
  ¥1000-¥1200
- Stamps  
  ¥200-¥500 each
- Bathroom Charge  
  ¥100-¥200 each
- Train fare (If you go to the other side of the Mountain) ¥4000/person

It is very important to take extra YEN (cash and coins) to cover some unexpected expenses. Total recommended amount: ¥20,000/person.
POSSIBLE HAZARDS

MOUNT FUJI
The summit of Mt. Fuji is over 12,000 feet above sea level. Yokota is just over 400 feet. People who climb Mt. Everest spend weeks getting used to the higher altitudes in order to avoid problems. Even though Mt. Fuji isn't even half as tall as Mt. Everest, you may still develop problems because you are changing altitude so fast. By preparing for your climb early, you can minimize the risk.

START PREPARING EARLY
First, be in the best shape you can be. By being aerobically fit your body will handle the lower oxygen pressure better. Physical activity will be more exhausting as you climb higher. Second, find someone to climb with you. You should not climb alone!

HYPOXIA
The first problem with climbing Mt. Fuji is hypoxia. Hypoxia occurs when the cells in your body don't get enough oxygen. 21% of the atmosphere surrounding you is oxygen. At the summit of Mt. Fuji you are surrounded by 21% oxygen — while that's enough for your body not to feel discomfort at sea level, the increased atmospheric pressure at the summit can cause some people to have problems. This can lead to some people becoming hypoxic.

HIGH-ALTITUDE SICKNESS
Although incidents are relatively rare on Mt. Fuji, anyone can be susceptible to the effects of high-altitude illness. Common mild symptoms of high-altitude sickness include headache, shortness of breath, dizziness, irritability, decreased concentration and lack of energy.

ACUTE MOUNTAIN SICKNESS
In more serious conditions, symptoms such as severe headache, nausea and vomiting, persistent coughing, chest tightness or cyanosis (bluing of lips and fingertips) may be indications of High Altitude Pulmonary Edema. Changes in mental status or poor motor control could irritate High Altitude Cerebral Edema. These are true medical emergencies and care should be sought immediately.

IF YOU HAVE SYMPTOMS
Mild symptoms can be treated by drinking water and eating something. Do not continue if you have symptoms. Stay at the same level or descend until the symptoms resolve. If these symptoms increase and worsen, you should descend the mountain, rehydrate, and rest.

*If you have more serious symptoms, you should descend immediately and seek medical attention. Do not descend alone.

OTHER HIGH-ALTITUDE SYNDROMES
There are other health problems that can be caused or worsened by exposure to high altitude. Check with your health care provider if you have any medical conditions, like asthma, diabetes, chronic obstructed pulmonary disease or coronary artery disease. Climbing while pregnant is NOT recommended.

SMOKING
The carbon monoxide in cigarette smoke attaches to the hemoglobin in your blood. Once it is attached it reduces the amount of oxygen your body can carry. The carbon monoxide in three cigarettes is enough to be comparable to being 5,000-7,000 feet higher than you actually are. Again, down at sea level, your body can deal with less oxygen going to your cells. But as you climb, the loss of oxygen becomes too much and you may develop problems at lower altitudes.
DEHYDRATION
Probably your biggest problem is going to be dehydration. Because of the higher altitude you may notice yourself breathing more. With each breath you are losing water. Carry water with you on the climb. Drink water and eat something at each station. Don’t wait until you are thirsty. Sports drinks are okay, however, it is better for you if you dilute them with water. Many have high concentrations of electrolytes that can make dehydration worse. If you are eating along with ascent, you should be fine with just water.

SICKLE CELL MEDICAL ALERT
Annually, the Military Hospitals in the Kanto Plain treat several individuals for complications of sickle cell disease and carriers of sickle cell trait. Sickle cell disease is a blood disease affecting your red blood cells. Normally, people with Sickle Cell Trait do not have a problem with their red blood cells; however, complications can develop at higher altitudes. Sickle Cell Trait usually runs in people of African or Mediterranean descent, but may be present in Caucasians as well. Active duty members are routinely screened for this trait and the results may be found in your medical record. If you are unsure of your results, contact your primary care manager.

In persons with sickle cell disease and trait, the spleen can stop, and grave conditions can result from the combination of the altitude, extreme physical exertion and dehydration incurred during a Fuji climb.

*If you have a positive sickle trait or sickle cell disease, even if you have never been ill from it, you should not climb Mt. Fuji.*

ALCOHOL AND CAFFEINE USE
Alcohol and caffeine are diuretics. They will make you urinate and you will become more dehydrated. Normally your body can deal with the loss of fluid, but on the top of Mt. Fuji the loss is more than your body can handle. To reduce problems, avoid alcohol and caffeine 24 hours before and after the climb. This will allow your body time to recover.

LAST MINUTE CONSIDERATIONS

USE LOTS OF SUNSCREEN
Climbing Mt. Fuji brings you closer to the ultraviolet rays of the sun. Save your skin and prevent cancer by using protective sunscreen (SPF 15 minimum).

TEMPERATURE
It will get colder as you get closer to the top. When it is close to 90 degrees Farenheit at Yokota, it can very easily be close to freezing at the top. Bring additional clothing to add on as it gets colder. Layering clothing is better than one bulky jacket. Layering allows you to better regulate your body temperature. If you are cold, add a layer. If you are sweating, remove a layer.

SOME FINAL THOUGHTS
Climb safely. Know your limitations. Set small, achievable goals. Do not be afraid to turn back if you can’t go any further. Overdoing it can lead to serious injury or death. Better to be safe and healthy than to risk injury. You can always try again another time.

Hiking to the top of Mt. Fuji during the summer climbing season can be fun, rewarding and a great way to experience Japan. The information in this booklet is not all-inclusive, so if you have any doubts about whether you are healthy enough to climb Fuji, please consult your primary care manager.
At the descending eigth station (Edoya Hut), the path divides in two. The path to the right is to Subashiri. Stay to the left on the path towards the fifth station bus stop, Kawaguchiko. Be cautious in heavy fog and ensure you take the correct path at the fork.

Follow these signs on the descending trail:
- Kawaguchiko / 河口湖
- Subaru-Line / スバルライン
- Yoshida Trail / 吉田ルート
- Yamanashi-Prefecture / 山梨県
WHEN YOU REACH THIS POINT, FOLLOW THE ROUTE TO YOSHIDA TRAIL HEAD. (BEAR LEFT EVEN THOUGH THE PASS IS NARROWER THAN THE OTHER) DO NOT FOLLOW SUBASHIRI ROUTE.

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LOST OR MISSED THE BUS?

MT. FUJI TO YOKOTA AB

KAWAGUCHIKO GUCHI FUJI 5TH STATION TO YOKOTA AB
(IN CASE YOU MISSED THE ODR TOUR BUS)

4-HOUR TRIP
¥1,600 (BUS) + ¥2,200 (TRAIN) = ¥3,800

SUBASHIRI GUCHI FUJI 5TH STATION TO YOKOTA AB
(IN CASE YOU TOOK THE WRONG DESCENDING ROUTE)

4-HOUR TRIP
¥1,600 (BUS) + ¥1,600 (TRAIN) = ¥3,200

All information is subject to change without notice.
INFORMATION LINES

MT. FUJI INFO IN ENGLISH
FUJIYOSHIDA CITY OFFICE
INTERNATIONAL AFFAIRS DESK
0555-24-1236 (phone)

Mon-Fri 9:30 a.m.-5:15 p.m.
www.city.fujiyoshida.yamanashi.jp/

JR TRAINS INFO
IN ENGLISH
JR EAST INFO LINE
050-2016-1603

Daily 10 a.m.-6 p.m.
Except during New Year period Holiday

YOKOTA AIR BASE
OPERATION FROM
OFF BASE
042-552-2510/2511 + last 5 digits

ODR STAFF
080-6750-8566 or 080-6750-8450

TAXI COMPANY
0555-23-0123
0555-23-3126
0555-23-4545
0555-23-0013
0555-23-3132
0555-23-1800
0555-23-0378

PHRASES

HELPFUL PHRASES
I’m lost.
Michi ni mayoi mashita.

Please show me which bus goes to Kawaguchiko station.
Kawaguchiko yukino bus wa doko desuka?

Please show me which bus goes to Gotenba station.
Gotenba yukino bus wa doko desuka?

Please show me how to get back to Yokota AB in Fussa City, Tokyo.
Tokyo-to, Fussa-shi ni aru Yokota kichi ewa dou kaereba yoidesuka?

EMERGENCY PHRASES
I am an American stationed at YOKOTA AIR BASE. I am participating in an Outdoor Recreation Mt.Fuji Mountaineering Trip. Could you assist me in getting to our tour bus?

If I am injured, can you please call the Outdoor Recreation Staff at 080-6750-8566 or 080-6750-8450.

Please call the Yokota Air Base 042-552-2510 ext. 50911; they will assist with the translation and medical procedures. Other pertinent numbers are: The Command Post ext. 53740, Hospital Emergency Room ext. 50911.

Thank you for your assistance.
お手伝いして頂いて、ありがとうございます。
DAILY SCHEDULE

2 a.m.  Show time at ODR, Bldg. 564
2:30 a.m.  Depart for Mt. Fuji
3:30 a.m.  Bathroom stop (20 min)
5 a.m.  Arrive at 5th station parking lot
5:30 a.m.  Begin hiking
1 p.m.  STOP and begin hiking back down toward the bus
5:30 p.m.  Finish hiking and return to bus
6 p.m.  Depart for Yokota
7 p.m.  Bathroom stop (20 min)
9 p.m.  Arrive at ODR

OVERNIGHT SCHEDULE

DAY ONE
7:30 a.m.  Show time at ODR, Bldg. 564
8 a.m.  Depart for Mt. Fuji
10:15 a.m.  Arrive at 5th station parking lot
10:30 a.m.  Begin hiking
3:30 p.m.  Arrive at 8th station. Stay the night at Fuji-san Hotel

DAY TWO
4 a.m.  Wake up and prepare
5 a.m.  See the sunrise
5:30 a.m.  Start hiking up
8:30 a.m.  Time limit! Stop and head back to bus
1:30 p.m.  Return to bus
2 p.m.  Depart for Yokota
3:30 p.m.  Bathroom stop (20 min)
5 p.m.  Arrive at ODR

*It is your responsibility to be on time for the bus!
*Time may vary depending on road or weather conditions, etc.
OUTDOOR RECREATION
MT. FUJI MOUNTAINEERING TRIP GUIDE
Bldg 564 • 225-4552/4553

HOURS OF OPERATION
Mon/Tue/Thu/Fri • 9:30 a.m.-6 p.m.
Wed • Closed
Sat • 8 a.m.-5 p.m.
Sun • 11 a.m.-4 p.m.

Facebook.com/YokotaOutdoorRec
YokotaFSS.com/ODR