

Mt. Fuji Safety Brief

Camp Zama MWR Outdoor Recreation

The Ultimate Goal

- **THE GOAL** is to return home safe and sound. The goal is not to summit Mt. Fuji. We want to make it very clear that this is not a light undertaking. Part of your hike to Mt. Fuji also includes you descending safely and getting home unharmed. If you are hiking on your own, remember, your journey doesn't end until you drive or take the train back home.

- **WORD OF ADVICE:** Although there is visibility among other hikers, it is recommended to use the buddy system. Not only does it provide an additional safety net in the event you get hurt, it also provides an enjoyable time with family and friends!
  - Make sure everyone has full visibility of one another
  - Keep your children close to you at all times

Interesting Facts



2022 Climbing Season

Trail	Opening Period	Remarks
Yoshida Trail (Yamanashi Pref.)	July 1 – September 10	The descending trail will remain open until Septerber 11 morning.
Subashiri Trail (Shizuoka Pref.)	July 10 – September 10	
Gotemba Trail (Shizuoka Pref.)	July 10 – September 10	
Fujinomiya Trail (Shizuoka Pref.)	July 10 – September 10	The trail between 5th Sta. to 6 Sta.has already opened.
Ohachi-meguri Trail (The trail of crater rim)	July 10 – September 10	

- **IT'S HOT!**
  - Still technically an active stratovolcano
  - 富士山 "Fuji-san" last erupted on 1707-1708
- **TALLEST IN JAPAN**
  - Mt. Fuji stands at an elevation of 3,776m or 12,388ft
- **HERITAGE SITE**
  - Added to UNESCO World Heritage Site on June 2013
  - One of Japan's "Three Holy Mountains" and considered as a Special Place of Scenic Beauty.
- **LIFE-TIME OPPORTUNITY**
  - Climbing season normally from July through August or early September

Geographical/Geological Profile

- **LOCATION:** Mt. Fuji is located southwest of Tokyo. It sits between the borders of Shizuoka and Yamanashi Prefecture. The cities of Fuji, Fujinomiya, Gotemba, and Fujiyoshida surrounds the base of the mountain. In addition, Mt. Fuji is surrounded by Shoji-ko, Kawaguchi-ko, Yamanaka-ko, Saiko, and Motosu-ko.
  - From Camp Zama/SHA, it'll take about 2 hours to drive. Tolls can range JPY 2,600 ~ JPY 3,200 depending on which highway entrance/exit you take.
  - **CAUTION:** If you don't have an ETC, **DO NOT** take ETC-only entrance/exits marked in purple.
  - Anticipate paying additional fee to Mt. Fuji.

- **TERRAIN:**
  - **Ascending:** Hiking trail can be comprised of pavement early on the hike from 5th Station. However, as you start ascending higher, the trail can start to transform to rocks, boulders, gravel, and sand.
  - **Descending:** A good portion of the descending trail is comprised of loose gravel.

- **ELEVATION (ALTITUDE) - 3,776 meters**
  - Air density decreases the higher you climb
  - Summit air density: 67% of sea level

Meteorological Profile

- **UNPREDICTABLE WEATHER**
  - Being a mountainous terrain, Mt. Fuji provides additional catalysts to creating it's own localized weather pattern. With that being said, weather can drastically change in a short period of time. Changes in weather pattern can include but not limited to: hail, lightening, heavy rainfall, sudden drop in temperature, severe wind, etc.

- **TEMPERATURE**
  - **Average temperature at the summit:** 40°F (4°C) in July / 43°F (7°C) in August
  - **Average temperature at 5th station:** 61°F (16°C)
  - **Extreme temperature:** Mt. Fuji can drop below freezing at night or early morning

Good to Know

- **THERE ARE RISKS!** Mt. Fuji, with all it's beauty, can be brutal to many. Like any hiking or mountaineering activities, there are risks of injuries or illnesses, or in extreme cases, permanent trauma or death. There are possibilities of damages or loss of equipment. So before continuing through these slides, keep in mind that information provided is for informational purposes only and does not take into account an individuals ability or situation.

- **WHAT'S AT THE 5th STATION?**
  - The 5th Station has many facilities to include restaurants and souvenir shops. However, once you start ascending the mountain pass the 5th Station, these types of facilities will either be limited or non-existent. Keep in mind that most facilities accepts cash in Yen only.
  - The prices of food, drinks and other products increases the higher you ascend.

- **OVERNIGHT STAYS/REST AREAS – ASCENDING TRAIL ONLY**
  - **Pit-stop:** Toilet stalls are located at major junctions and rest areas such as mountain huts. It cost JPY200 - 300 to use these eco-toilets.
  - **Mountain Huts**
    - Only paying customers may rest inside.
    - There might be benches outside for you to rest.
    - Sometimes these huts have things to sell: drinks, snacks, instant noodles, air tanks, etc.

- **PICK UP AFTER YOURSELF.** Remember, Mt. Fuji is a UNESCO Heritage Site and a Special Place of Scenic Beauty. Be respectful by picking up after yourself and taking trash back with you. There are no trash cans.

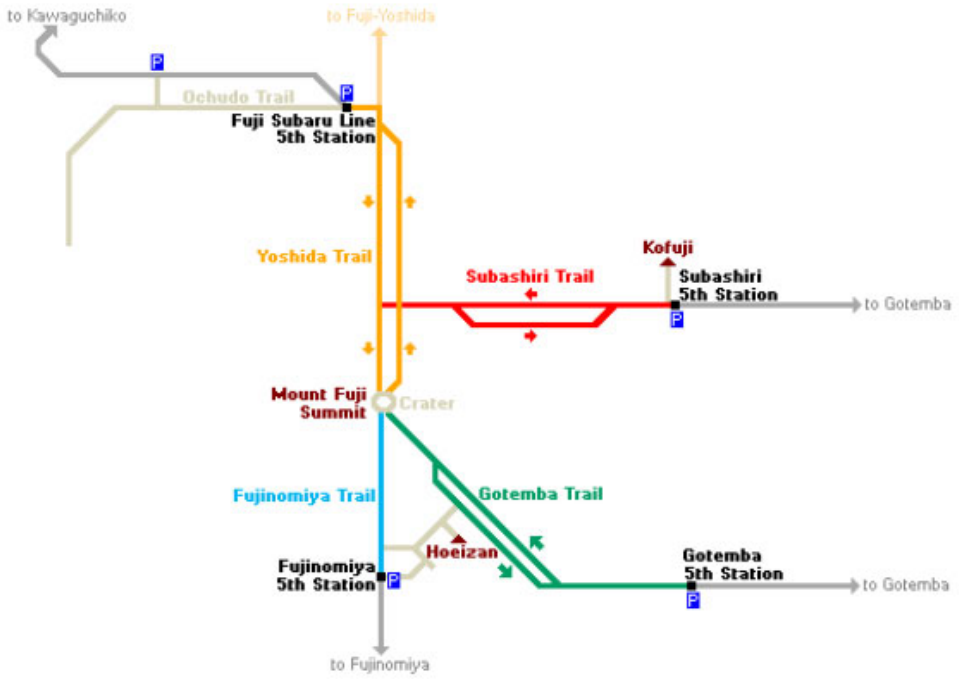
- **STONE-AGE:** There is limited cell service at Mt. Fuji. However, you maybe able to utilize wifi for a price.

Rules and Etiquettes

- **NO PETS.** In order to protect Mt. Fuji's natural environment and wildlife, flora, and fauna, pets are prohibited.
- **NO CAMPING.** Camping is prohibited except in official camping areas.
- **NO LITTERING.** Pick up after yourself. Please pick up other trash left by others. It might not be yours, but it'll show that we are good ambassadors to Japan.
- **STAY WITHIN THE TRAIL.** Deviating outside the trail not only causes damages to the environment and wildlife, it can cause injuries to oneself. The grounds outside the trail are not maintained.
- **NO GRAFITTI.** Don't carve words into rocks or trees, or move rocks around to make words or pictures. Disturbing the natural surrounding can be harmful to wildlife and other organisms.
- **LIMIT USAGE OF HIKING POLES** in order to preserve vegetation and prevent the collapse of a mountainside. If you must use hiking poles, please use a mount cap at the tip of the pole.
- **NO OFF-ROAD VEHICLES.** The upper half of Mt. Fuji is designated as a special area and under the protection of Japan's Natural Parks Law.
- **OTHER PROHIBITED ACTIVITES – PUNISHALE BY LAW.**
  - Planting, collection, and damaging, vegetation/trees/rocks
  - Capturing, wounding, killing or releasing of animals
  - Making open fire



Hiking Trails



- **ALL ABOARD!**
  - Mt. Fuji is divided into 10 stations, first station being at the foot of the mountain. There are paved roads leading up to the 5th stations.

- **5th STATIONS:** There are four 5th stations on different sides of the mountain. This is where most people start their ascent.
  - ❖ **Fuji Subaru Line 5th Station (Yamanashi Prefecture) – 2300m**
  - **Fujinomiya 5th Station (Shizuoka Prefecture) – 2300m**
  - **Gotemba 5th Station (Shizuoka Prefecture) – 1400m**
  - **Subashiri 5th Station (Shizuoka Prefecture) – 2000m**

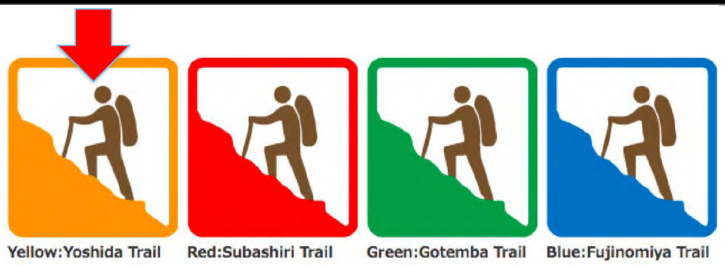
Yoshida Trail Overview

- **The Yoshida Trail** is used by Camp Zama Outdoor Recreation. It is an 11-mile round trip, starting and ending at the Fuji Subaru Line 5th Station. The hike starts out relatively flat. However, as you start ascending the mountain, you'll notice the trail starts becoming uneven, comprising of rocks and loose gravel, and at times you'll be required to use your hands for balance.
  - Average ascent time: 5-8 hours
  - Average descent time: 3-5 hours

- There are different factors that will contribute to the overall difficulty:
  - Physical health and mental fortitude
    - Condition yourself for the hike 1-3 months prior. Participate in approved physical fitness programs, utilize Yano Fitness Center and try lesser peaks.
    - Ensure that you get enough sleep and avoid drinking alcohol/caffeine.
    - Looking at the summit from the 5th Station may intimidate you, go at it with a positive attitude but don't strain yourself.
  - High altitudes = lower concentration of oxygen = serious illness (more details on slide #19 – 20)
    - Acclimate to the environment and move at your own pace.
    - Take frequent breaks and stay hydrated
    - Descend if you start experiencing severe altitude-related symptoms.
  - Bringing the appropriate gear (more details on slide #21 – 22)
  - Limited services
    - Emergency services are limited and self-rescue might be required for anything short of serious injuries/illnesses.
    - There'll be times where you'll have to sit on the ground to rest.
    - Huts/storefront might have limited amenities.
    - Limited running water

Yoshida Trail





Yellow:Yoshida Trail Red:Subashiri Trail Green:Gotemba Trail Blue:Fujinomiya Trail



QR code for trail map

"FOLLOW THE YELLOW BRICK ROAD" –Trail signs are translated in English. Yoshida Trail is marked in yellow so make sure to follow the YELLOW signs!

Yoshida Trail



- **YOSHIDA TRAIL** is the trail used by Camp Zama Outdoor Recreation and used by most hikers. If you are going on your own, we recommend taking this trail. Trail starts at the Fuji-Subaru Line 5th Station, which is in Yamanashi Prefecture.

- **WORD OF ADVICE:** Warm up and make sure to check your gear before heading out! If you are missing anything, now is the time to buy! Use the bathroom, no donation needed!

Yoshida Trail



Trailhead at the Fuji-Subaru Line 5th Station



Upon entering the trail head

Yoshida Trail



Safety Guidance Center TEL: 0555-24-6223



View from 6th Station

- **YOSHIDA TRAIL 6th STATION:** Safety Guidance Center is located here. The ascending and descending Yoshida Trail meet at this junction point. Restroom is available.

- **SWITCHBACKS** will begin.

Yoshida Trail



View from the 7th Station



View from 8th Station – junction for ascending & descending

Yoshida Trail



View from the 8.5 Station



Summit Approach

Yoshida Trail



Summit Walkthrough



Crater

Yoshida Trail





Descending Trail

- **CAUTION #1:** At the 8th Station junction, make sure to follow the yellow Yoshida Trail back towards Subaru Line 5th Station. Landmark building is the **Shita-edoya Hut. GO LEFT!**

- **CAUTION #2:** Trail is mostly comprised of loose gravel and rocks. Tighten your mid-high top hiking boots. Hiking gaiters and hiking poles are life savers! Do not run down the mountain!

Yoshida Trail

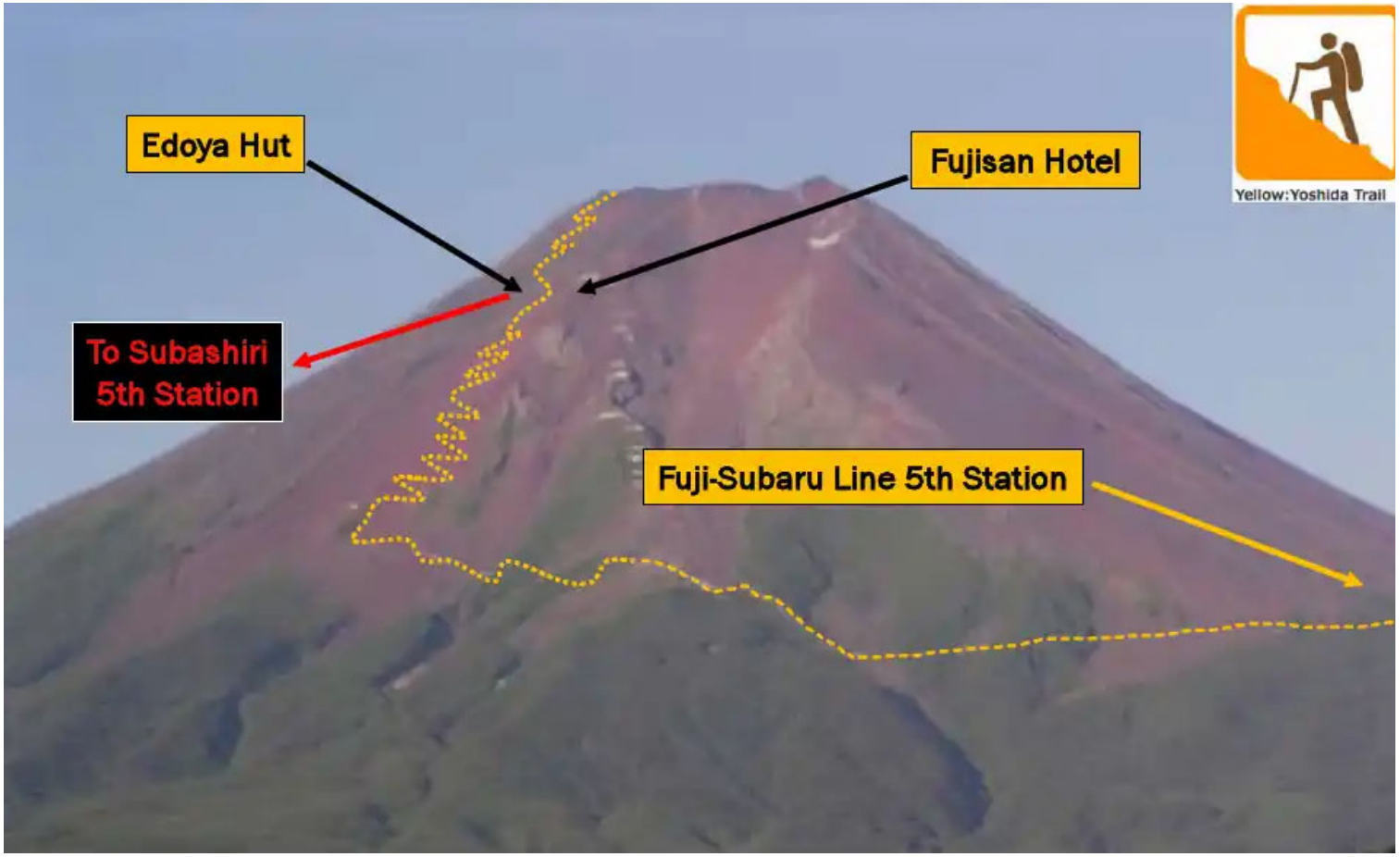


7th Station Restroom



6th Station

- **6th Station** is where the ascending and descending trail meet.


Edoya Hut
Fujisan Hotel
Yellow:Yoshida Trail
To Subashiri
5th Station
Fuji-Subaru Line 5th Station

The Triad of Altitude-related Disorders

- **CAUSE:** Ascending to high-altitude environment can associate into physiological changes that may manifest as altitude-related illnesses. Statistically, altitude-related illness occur above 2500m, however, there are instances where it can occur as low as 2000m. As altitude increases, the available oxygen decreases with the overall air pressure. Dehydration, rate of ascent, acclimatization time, individuals susceptibility, and the degree of physical exertion at high altitude are other factors.

- **ACUTE MOUNTAIN SICKNESS (AMS):** Often referred to as altitude or mountain sickness. It is the most common altitude-related disorder. Symptoms can include:
  - Severe headache
  - Nausea and vomiting
  - Dizziness
  - Drowsiness and insomnia
  - Vision disturbance, e.g. tunnel vision

- **HIGH-ALTITUDE PULMONARY EDEMA (HAPE):** Caused when fluid builds in the **lungs** which can cause shortness of breath, difficulty breathing, and coughing up frothy or bloody sputum.

- **HIGH-ALTITUDE CEREBRAL EDEMA (HACE):** Caused when the **brain** swells due to fluid build-up. In addition to the aforementioned symptoms, HACE can cause:
  - Confusion & altered mental state
  - Loss of consciousness
  - Fever
  - Ataxia
  - Tachycardia

- **TREATMENT AND PREVENTION:** Avoid consuming alcohol, smoking and taking other medications such as sleeping pills; take a slow and gradual ascent; acclimate to the altitude; ensure proper hydration; take frequent breaks; and consult your physician prior to hiking.
  - Further ascent should be avoided until symptoms completely subsides. If it doesn't, immediately start descending.

Sickle Cell and Medical Conditions

- **SICKLE CELL TRAIT** is an inherited condition which an individual has one abnormal allele in the hemoglobin gene, which is related to the production of oxygen-carrying proteins. People who carry a sickle cell trait often live normal lives.

- **SICKLE CELL AND HIKING:** Individuals with sickle cell trait have a higher risk of medical complications due to the low oxygen environment at high altitudes. Individuals can experience splenic infarction, which is tissue death in the spleen caused by a lack of oxygen being transported to this vital organ. Vigorous exercise at higher altitude can increase the risk. Individuals experiencing a splenic infarction will feel severe pain in the left side of the chest and abdomen. Symptoms may include nausea and vomiting.

- It is not recommended for individuals with sickle cell trait to participate in hiking Mt. Fuji. Please consult with your physician.

- If you have other medical conditions that might affect your hike, please consult with your physician or health care professionals first.

- **STAY HYDRATED!!**

Clothing and Equipment

- **EMBRACE LAYERING:** One key factor in choosing the right clothes to wear is layering. Each clothing layer has a very unique function and allows you to adapt easily to the ever-changing high-altitude environment. This tried-and-true methodology allows you to remove layers if it get's too hot or easily put back on layers if it gets too cold.
  - **BASE LAYER (underwear):** wicks sweat off your skin
  - **MIDDLE LAYER (insulating):** traps body heat to protect from the cold
  - **OUTER LAYER (shell layer):** shields you from the elements, such as wind and rain.

- **COTTON KILLS:** Cotton is a material well-known to many hikers and mountaineers as a big no-no. Cotton retains water when wet and not only does it cause discomfort, such as blistering, it can lead to hypothermia. Materials to look for are **synthetics** (such as polyester and nylon) and **natural fibers** (such as merino wool and silk). Also, a big no-no to DENIM or JEANS!

- **UV PROTECTION:** Although UV radiation is essential to life on earth, too much of it can be dangerous. Excessive exposure to the skin can cause accelerated skin ageing and sunburn. These can induce skin cancer such as melanoma, cataracts, ocular melanoma, and immunodeficiency. Because of the thinner atmosphere at higher elevation, people are more susceptible to the effects of UV radiation.
  - **MISCONCEPTION #1:** UV is blocked by the clouds. **WRONG**, UV radiation is able to penetrate barriers such as clouds.
  - **MISCONCEPTION #2:** Sunburn can't occur if you don't feel the hot rays. **WRONG**, sunburn is caused by excessive UV radiation. The heat you feel from sun rays are from infrared radiation.

Gear Checklist

- It's very important to bring the appropriate gear and supplies for an enjoyable experience at Mt. Fuji.

- ❑ BACKPACK – 30L with hip strap and rain cover
- ❑ HEADWEAR & FACEWEAR
  - ❑ Insulating beanie or hat with strap
  - ❑ Mask for dust
  - ❑ Headlamp (optional for overnight)
  - ❑ Glasses w/ strap (from Sun and dust)
- ❑ HANDS
  - ❑ Gloves, insulating water proof
- ❑ UPPERBODY (no cotton & dress in layers)
  - ❑ Base layer, wicking material
  - ❑ Mid layer, insulating, e.g. wool/synthetic
  - ❑ Outer-layer, shell/rain jacket, waterproof
- ❑ LOWER BODY (no cotton & no jeans)
  - ❑ Base layer, wicking material
  - ❑ Light-weight trekking pants, synthetic and insulating
  - ❑ Rain pants, waterproof
  - ❑ Socks, wicking, e.g. wool or synthetic
  - ❑ Hiking boots, mid-high top waterproof
- ❑ MISCELLANEOUS
  - ❑ Gaiters (block small rocks from entering)
  - ❑ Hiking poles
  - ❑ 2-4 liters of water (or buy at store to reduce weight)
  - ❑ Sunscreen
  - ❑ Lip balm
  - ❑ Food/snacks, light & high in nutrients and calorie
  - ❑ Dry bag/Ziploc bag
  - ❑ Trash bags
  - ❑ Small hand towel / wet wipes
  - ❑ Toilet paper
  - ❑ Extra clothes
  - ❑ First aid kit
  - ❑ Cellphone, w/ hard case
- ❑ YEN (minimum Y10,000 / recommended Y30,000)
  - ❑ Food & drinks
  - ❑ COIN denominations for restroom use
  - ❑ Fuji stick, optional (Y1,500) – comes in sm, md, and lrg
    - ❑ Stamps, all (Y5,000)
  - ❑ EMERGENCY YEN for transportation (est. Y8,000)

Bragging Rights

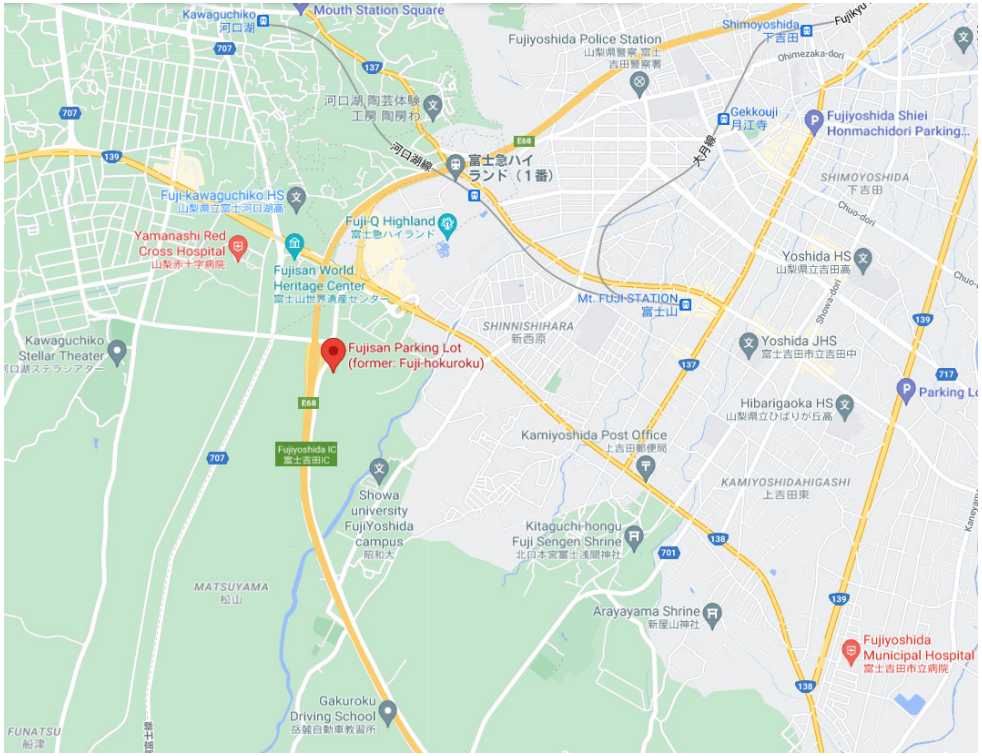






- **The Mt. Fuji Walking Sticks** are one of the most popular souvenirs at Mt. Fuji. Various sizes of Mt. Fuji sticks can be bought at the 5th Station. You can purchase stamps for the Mt. Fuji stick at mountain huts
- **NOT RECOMMENDED** to use as a substitute for hiking poles.
- **WORD OF ADVICE:** If you want a specific spot on your Mt. Fuji stick to be stamped, please show them.

Parking



- Be aware that during peak hiking season, there might not be available parking near the 5th station. There is no reservation for parking. The Fujisan Parking Lot is an alternative parking area that is located at the base of the mountain in Fujiyoshida City. Shuttle transportation is available from the parking area to the 5th Station. Please keep in mind that the following are recommended parking spots based on hiking the Yoshida Trail. Fees apply for utilizing these parking lots and shuttle transportation.
  - **FUJISAN PARKING (FUJI-HOKUROKU):** Kamiyoshida, Fujiyoshida, Yamanashi 403-0005
    - https://fujisanparking.jp/ (recommend google translate)
    - Google Map Link: https://goo.gl/maps/ewr9zD8UJEwo2PqG6

COVID19

New manners for climbing Mt. Fuji in the age of COVID-19

The following 1-7 are safety measures we urge before climbing (advance planning) and 8-15 are for while climbing (on-site behavior).

1 Do not climb if you have a fever or symptoms of illness.



※ Rescue operations require extra caution and may add to the risk of infection. You must be fit.
※ See the calendar marked with congestion warnings!

2 Climb with fewer people that you live with.



※Divide a large group of people into smaller subgroups.

3 Avoid crowded days and times of day.



※ See the calendar marked with congestion warnings!
※ Enjoy the sunrise from a location other than the crowded summit!

4 Book a mountain *lodge in advance.*



※ Reservations are a must if you choose to see the sunrise at the summit!
※ Camping with tents is not allowed on Mt. Fuji.

5 Avoid night climbing without staying overnight to see the sunrise



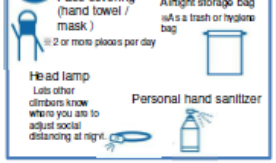
※Avoid crowds at the summit!

6 Check the latest information and make a safe and agreeable climbing plan.

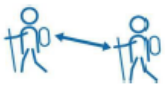


※ Climbing with all the extra precautions requires more time.

7 Bring infection-control goods.



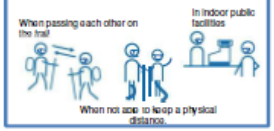
8 Keep social distance (2 m) from other groups.



※ Do not however step out from the designated trail area (which can cause rock falls).

9 Wear a face covering* if necessary.

Cover your nose and mouth with a hand towel or mask.



10 Take turns to ascend and descend* when the trail is crowded



※ Follow the instructions of on-site security personnel.

11 Maintain your own steady walking pace to avoid excessive heavy breathing.



※ Be careful not to breathe too hard, as that will spread more saliva droplets.
※ Do not rush to overtake.

12 Avoid sharing goods with other groups and touching ropes or other objects provided near the trail.

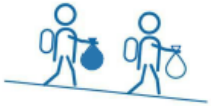


※ Do not touch spikes and ropes beside trails as these are provided to show the way and not for physical support.

13 Wash your hands after using toilets or visiting shops.



14 Take back your trash and vomit in airtight bags.



※To prevent the spread of infection!

15 If you feel sick, immediately stop climbing, and descend the mountain.



※ If you are in close contact with persons who feel sick, you should also descend the mountain regardless of whether you have symptoms or not.
※ Stop ascending when bad weather is expected.

詳しい情報はこちら 富士登山 コロナ対策 検索

Important Phone Numbers

- **LOCAL PHONE NUMBERS**
  - **Emergency Services:** 110 (police) / 119 (fire department/ambulance/first responders)
  - **Fujiyoshida Police Department:** 0555-72-0110
  - **Fujiyoshida Municipal Hospital:** 0555-22-4111
  - **Yamanashi Red Cross Hospital (Kawaguchiko Machi Town)**: 0555-22-1111
  - **Mt. Fuji Information Center:** 0555-72-1477
  - **Safety Climbing Guidance Center:** 0555-72-6223
  - **Kawaguchikoguchi 5th Station Weather Information:** 0555-72-5550

- **CAMP ZAMA PHONE NUMBERS**
  - **Operator:** 046-407-1110
  - **Military Police:** 046-407-2911
  - **Outdoor Recreation:** 046-407-4671 / 3939
    - MON-FRI 0800-1900 / SAT-SUN 0800-1700 / CLOSED ON US FEDERAL HOLIDAYS

- **WORD OF ADVICE:** Obtain your respective unit/command's emergency contact information

Resources

- **MT. FUJI OFFICIAL WEBISTE**
  - www.fujisan-climb.jp/en/
- **MT. FUJI MAP OF TOILETS**
  - http://www.pref.shizuoka.jp/kankyou/ka-070/fujisanpage/otherlanguage/en/images/toiletmap.pdf
- **SICKLE CELL TRAIT INFORMATION**
  - https://health.usf.edu/medicine/orthopaedic/sicklecell/athletes#:~:text=Due%20to%20the%20lack%20of,trait%2C%20particularly%20at%20high%20altitudes.
- **ACUTE MOUNTAIN SICKNESS**
  - https://www.ncbi.nlm.nih.gov/books/NBK430716/
- **WEATHER SATELLITE**
  - https://www.jma.go.jp/bosai/en_kaikotan/#zoom:8/lat:35.097973/lon:139.787996/colordepth:normal/elements:rasrf
- **JAPAN METEORLOGICAL AGENCY**
  - https://www.jma.go.jp/jma/indexe.html
- **DRESSING IN LAYERS**
  - https://www.rei.com/learn/expert-advice/layering-basics.html
- **U.S. EMBASSY – MT. FUJI CLIMBING**
  - https://jp.usembassy.gov/services/safety-precaution-climbing-mount-fuji/
- **BROCHURE FOR NATIONAL PARKS.**
  - www.fujisan-climb.jp/en/manner/m8bimq00000017i8-att/mannerbook_en.pdf
- **JAPAN'S NATIONAL PARK LAWS.**
  - www.env.go.jp/en/nature/nps/park/doc/index.html

Camp Zama ODR Mt. Fuji Safety Brief

CERTIFICATE OF COMPLETION

By signing below, I hereby acknowledge that I have completely read, fully understand, and agree to the guidelines and policies contain herein. Furthermore, I acknowledge that any dependents, guests, and minors in my party have fully understood and adhere to these guidelines and policies. I understand my participation is voluntary and may be withdrawn at any time.

*******REMEMBER, the goal is not to summit Mt. Fuji. The goal is to come back home safe and sound*******

_____ SPONSOR'S FULL NAME	_____ DEPENDENT'S / GUEST'S FULL NAME
_____ DEPENDENT'S / GUEST'S FULL NAME	_____ DEPENDENT'S / GUEST'S FULL NAME
_____ DEPENDENT'S / GUEST'S FULL NAME	_____ DEPENDENT'S / GUEST'S FULL NAME

_____ SPONSOR'S SIGNATURE

_____ DATE

This Certificate of Completion must be presented to an Outdoor Recreation staff prior to signing up for Outdoor Recreation's Mt. Fuji trip. Expires 2 years from the date signed.