

OUTDOOR RECREATION

WHAT YOU'LL NEED TO HIKE MT. FUJI

Mandatory

- Hiking Boots with a Thick Sole*
- Lightweight Rain Gear & Jacket*
- Yen
(¥20,000/Person Recommended)

Recommended

- Backpack*
- Headlamp with Extra Batteries
(For Night Climb)
- Gators*
- Trekking Poles*
- Long Sleeved Shirt
- Extra Socks
- Hat with Visor
- Small Towel
- Utility Gloves

- Water Bottle or Hydration System
- Two Liters of Water
- Light Meal
(Sandwiches/Noodles/Snacks)
- Aspirin
- Blister Kit with Moleskin
- First Aid Kit
- Sunglasses
- Sunblock
- Plastic Bags
(For Trash & to Keep Things Dry)
- Small Roll of Toilet Paper
- Oxygen Can
- Wet Tissue
- Cotton Surgical Mask
- Watch & Cell Phone

Not Recommended: Jeans, Sneakers & Rain Ponchos

*These items can be rented from ODR. (225-4552 or 4553)