

富士山登山

MT. FUJI MOUNTAINEERING GUIDE



YOKOTA AB



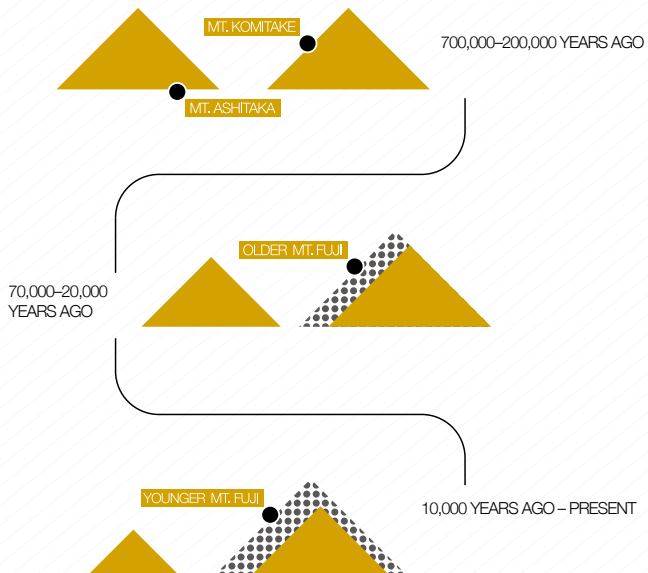
MT. FUJI

Hiking Mount Fuji during the summer climbing season can be fun, rewarding and a great way to experience Japan. It requires little expertise or equipment but a 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 Mount Fuji but it is not easy and should be approached as a legitimate physical and mental challenge. The official climbing season for Mount Fuji is from 1 July to 10 September.

FUJI FACTS

- The highest peak in Japan and the second highest single mountain in the world at 12,388 feet (3,776 meters) tall.
- As high as about 8.5 Empire State Buildings.
- Covered with gravel, rock, sand and volcanic ash.
- Chilly even midsummer due to strong winds. It has an average temperature on the top of about 43 degrees Fahrenheit (6 degrees Celsius).

HISTORY OF FUJI VOLCANO



HAZARD PREVENTION

PREPARE EARLY

Be in the best shape you can. By being aerobically fit, your body will handle the lower oxygen pressure better. Physical activity will be more exhausting as you climb higher.

REST UP

It is recommended that you have at least eight hours of sleep prior to the climb. Without sufficient rest, injuries and exhaustion can occur.

BRING LAYERS

It will get colder as you get closer to the top. When it nears 90 degrees Fahrenheit at Yokota, it can be close to freezing at the top of Mount Fuji. Layering clothing is better than one bulky jacket as layering allows you to better regulate your body temperature. If you are cold, add a layer. If you are sweating, remove a layer.

CHECK THE WEATHER

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. If there are signs of lightning or storms, cease climbing and find shelter in a hut.

DON'T CLIMB ALONE

Find someone to climb with you. 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.

REACH OUT IN AN EMERGENCY

In the event of injury or sickness, perform necessary first aid; then carry the person to the nearest mountain hut, contact a doctor at Seventh or Eighth Station and call your tour guide.

DRINK PLENTY OF WATER

Due to the higher altitude, you may notice yourself breathing more, and with each breath you lose 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 if you dilute them with water as many have high concentrations of electrolytes that can make dehydration worse. If you are eating during the hike, you should be fine with just water.

AVOID OVEREXERTION

Altitude sickness (nausea, chest aches, dizziness) often occurs when climbers rush through the lower, less steep areas of the mountain. The result is improper adjustment to higher elevations, resulting in oxygen depletion, muscle cramps, etc. The 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 — frequent short breaks are better than longer breaks. Keep steps short and keep your weight centered over your legs.

USE SUNSCREEN

Climbing Mount Fuji brings you closer to the ultraviolet rays of the sun. Save your skin and prevent cancer by using protective sunscreen.

WATCH FOR ROCK SLIDES

Rock slides are frequent and sound like thunder. If you see a rock slide, shout to alert other climbers. Fall to the ground closest to the wall immediately. Always walk along the inside of the path where footing is more firm, and the wall offers protection.

AVOID ALCOHOL & CAFFEINE

Alcohol and caffeine are diuretics. They will make you urinate and become more dehydrated. Normally your body can deal with the loss of fluid but on the top of Mount 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.

HEALTH CONSIDERATIONS

The summit of Mount Fuji is over 12,000 feet above sea level. Yokota is just over 400 feet. People who climb Mount Everest spend weeks getting used to the higher altitude. Although Mount Fuji isn't half as tall as Mount Everest, you may still develop problems from the rapid altitude change.

SICKLE CELL

Annually, the Kanto Plain military hospitals treat several individuals for complications from sickle cell disease — a blood disease affecting 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 functioning and grave conditions can result from the combination of the altitude, extreme physical exertion and dehydration incurred during a Fuji climb.

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

SMOKING

The carbon monoxide in cigarette smoke attaches to the hemoglobin in your blood. Once attached, it reduces the amount of oxygen your body can carry. The carbon monoxide in three cigarettes is comparable to being 5,000 to 7,000 feet higher than you actually are. At sea level, your body can handle less oxygen but as you climb, the loss of oxygen becomes too much and you may develop problems.

HYPOXIA

Hypoxia occurs when the cells in your body don't get enough oxygen. You are surrounded by 21% oxygen at the summit of Mount Fuji. While that's enough for your body to not feel discomfort at sea level, the increased atmospheric pressure at the summit can cause hypoxia. Symptoms include confusion, disorientation, hallucinations, behavioral changes, severe headaches, reduced level of consciousness and breathlessness.

HIGH-ALTITUDE SICKNESS

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

HIGH ALTITUDE PULMONARY EDEMA (ACUTE MOUNTAIN SICKNESS)

Symptoms such as severe headache, nausea, 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.

OTHER HEALTH CONCERNS

Other health problems 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.

IF YOU HAVE SYMPTOMS

Mild symptoms can be treated by drinking water and eating something. If these symptoms increase or 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.

PACKING

BRING THE RIGHT EQUIPMENT

Remember to pack all of the necessary items for the climb. See the supply checklist to ensure you are properly prepared.

AVOID OVER PACKING

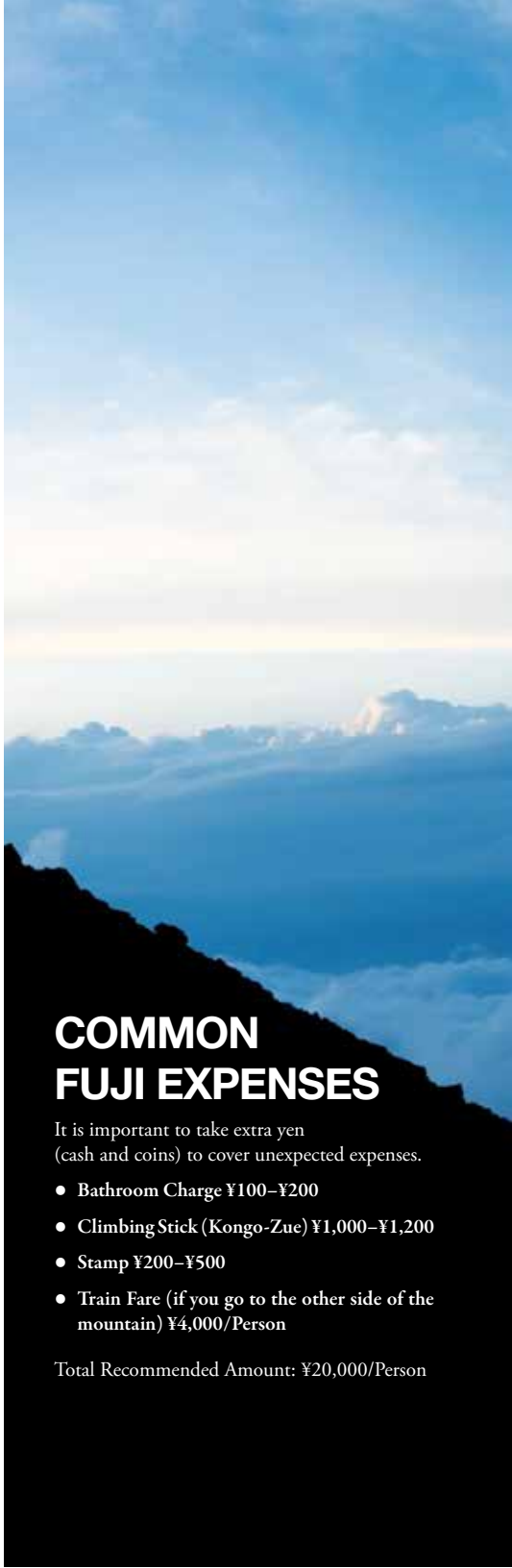
Keep the weight in your backpack to no more than five pounds. A heavy pack will overtax you and cut off blood circulation to your limbs. Less weight also means better balance. Take only necessities and avoid “nice to have” supplies. Consume high-protein foods in light weight packages rather than cans.

COMMON FUJI EXPENSES

It is important to take extra yen (cash and coins) to cover unexpected expenses.

- Bathroom Charge ¥100–¥200
- Climbing Stick (Kongo-Zue) ¥1,000–¥1,200
- Stamp ¥200–¥500
- Train Fare (if you go to the other side of the mountain) ¥4,000/Person

Total Recommended Amount: ¥20,000/Person



SUPPLY CHECKLIST

Madatory Items:

- ☐ Thick-Soled Hiking Boots*
- ☐ Medium-Sized Backpack*
- ☐ Quick-Dry T-shirt
- ☐ Waterproof/Breathable Jacket*
- ☐ Headlamp with Extra Batteries*
- ☐ Warm Jacket
- ☐ Hat (with Visor) and Beanie
- ☐ Utility Gloves**
- ☐ Change of Clothes
(Socks, Underwear & T-shirt)
- ☐ Water (Minimum 1–2 Liters)
- ☐ Light Meal
(Cheese, Sandwich, Beef Jerky, Sweets, Etc.)
- ☐ Yen (Mandatory; See Expenses)
- ☐ First Aid Kit (Including Bandages)
- ☐ Plastic Bags
(To Keep Your Things Dry and for Trash)

Recommended Items:

- ☐ Gaiters*
- ☐ Trekking Poles*
- ☐ Water Bottle or Hydration System
(i.e. Camelbak)**
- ☐ Blister Kit With Moleskin**
- ☐ Oxygen Can**
- ☐ Neck Warmer
- ☐ Heat Pad
- ☐ Emergency Blanket
- ☐ Long-Sleeved Shirt
- ☐ Aspirin
- ☐ Sunglasses
- ☐ Sunblock Lotion
- ☐ Small Roll of Toilet Paper
- ☐ Change of Socks
- ☐ Wet Tissue
- ☐ Tooth Brush
- ☐ Ear Plugs
- ☐ Cotton Surgical Mask (When Dust Rises)
- ☐ Watch, Cell Phone and Mobile Battery

* Available for Rent at ODR

** Available for Sale at ODR

**Not allowed on ODR trips: Jeans, Sneakers,
Rain Poncho**

ASCENDING TIPS

- Set a slow and steady pace from the beginning to avoid overexertion.
- Take frequent short breaks.
- If you have a climbing stick, don't forget to buy a stamp at each station.
- The average climbing time is six to seven hours from Fifth Station to the top.

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

- For overnight climbers, watch the sunrise above the “sea of clouds.”
- Get your climbing stick stamped to prove you made it to the top.



DESCENDING TIPS

- Stay on the path.
- Do not kick or throw rocks.
- Do not run down the mountain.
- The average descending time is four hours from the top to Fifth Station.

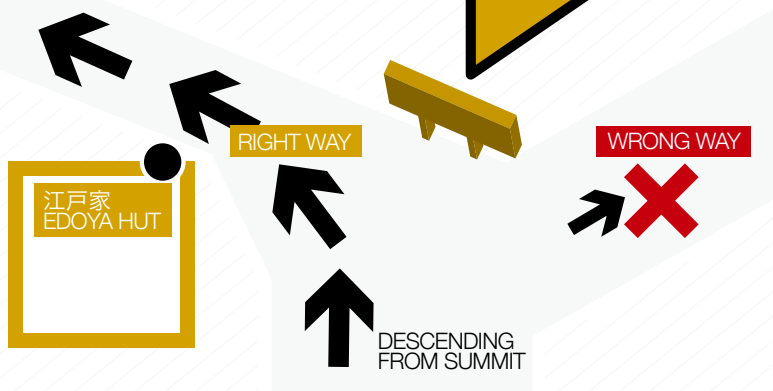
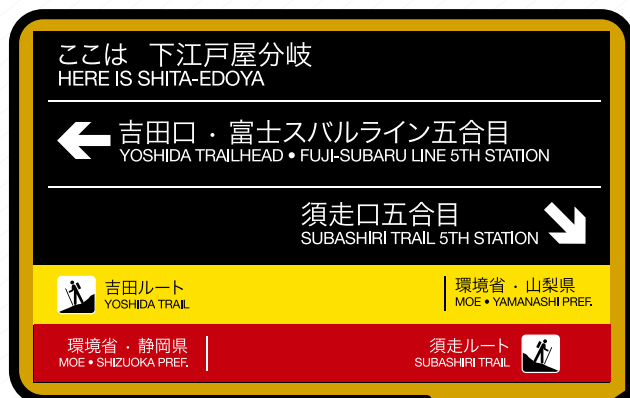
TAKE THE RIGHT PATH

At the descending Eight 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.

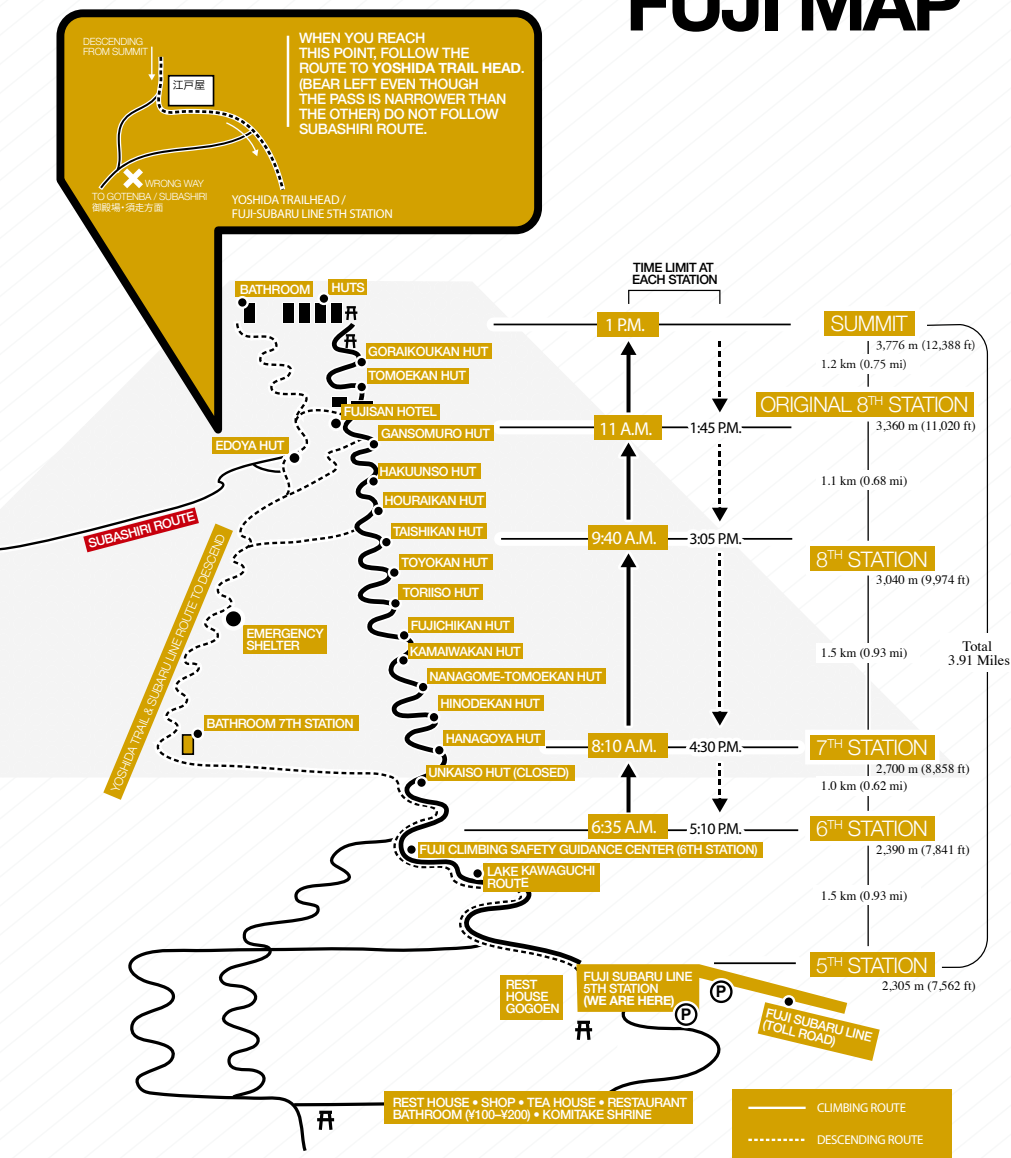
Follow these signs on the descending trail:

- Kawaguchiko / 河口湖
- Subaru-Line / スバルライン
- Yoshida Trail / 吉田ルート
- Yamanashi-Prefecture / 山梨県

DESCENDING FROM SUMMIT



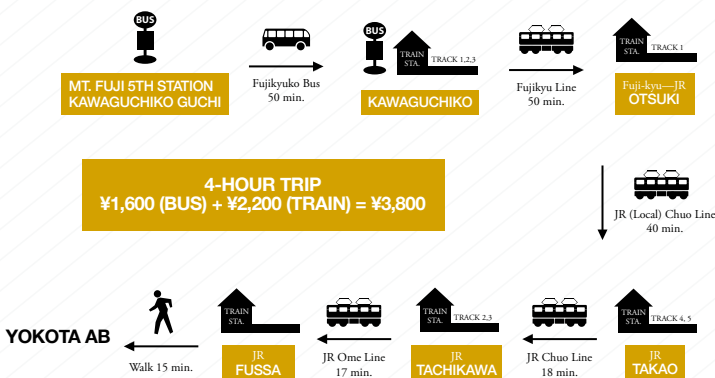
MOUNT FUJI MAP



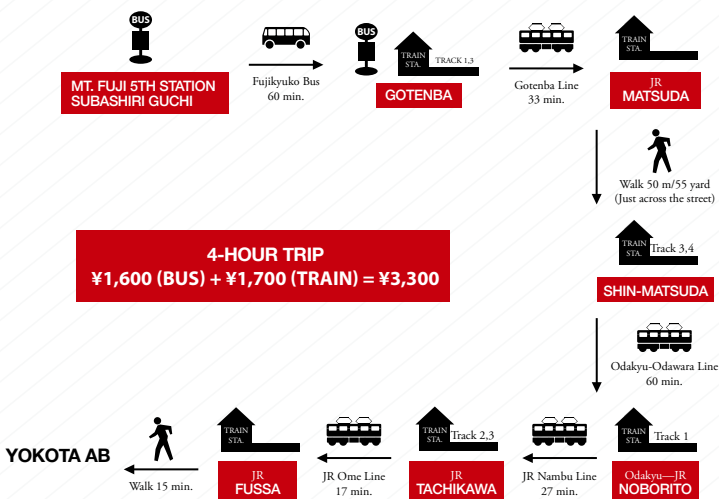
MISSED THE BUS?

MT. FUJI TO YOKOTA AB

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



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



All information is subject to change without notice.

DIRECTORY

MT. FUJI 5TH STATION GENERAL MANAGEMENT CENTER

090-5190-0167

MT. FUJI SAFETY GUIDANCE CENTER (6TH STATION)

0555-24-6223

YOSHIDA TRAIL EMERGENCY PHONE NUMBER

090-5190-0167

JR TRAINS JR EAST

JR EAST INFO LINE

050-2016-1603

Daily 10 a.m.–6 p.m.
Except during the year-end/New Year holidays.

ODR STAFF

080-6750-8566 (SPIKE)

080-6750-8450 (YOSHI)

TAXI COMPANY

055-223-1521

PHRASES

HELPFUL PHRASES

I'm lost.

道に迷いました。

Michi ni mayoi mashita.

Please show me which bus goes to Kawaguchiko station.

河口湖駅行きのバスはどこですか？

Kawaguchiko yukino bus wa doko desuka?

Please show me which bus goes to Gotenba station.

御殿場駅行きのバスはどこですか？

Gotenba yukino bus wa doko desuka?

Please show me how to get back to Yokota AB in Fussa City, Tokyo.

横田基地(東京都、福生市)へは、どう帰ればよいですか？

Tokyo-to, Fussa-shi ni aru Yokota kichi ewa dou kaereba yoidesuka?

ITINERARY

Time may vary depending on traffic, weather conditions, etc.

DAY TRIP

- 2 a.m. Show Time at ODR*
- 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 & Begin Hiking Back Down
Toward the Bus
- 5:30 p.m. Return to Bus*
- 6 p.m. Depart for Yokota
- 7 p.m. Bathroom Stop (20 min.)
- 9 p.m. Arrive at ODR

OVERNIGHT TRIP SCHEDULE

DAY ONE

- 7:30 a.m. Show Time at ODR*
- 8 a.m. Depart for Mt. Fuji
- 9:30 a.m. Bathroom Stop (20 min.)
- 10:15 a.m. Arrive at 5th Station Parking Lot
- 10:30 a.m. Begin Hiking
- 5 p.m. Arrive at 8th Station
- Stay the Night at Fuji-san Hotel

DAY TWO

- 4 a.m. Wake Up & Prepare
- 5 a.m. See the Sunrise
- 5:30 a.m. Start Hiking Up
- 8 a.m. Stop & Head Back to Bus
- 1:30 p.m. Return to Bus*
- 2 p.m. Depart for Yokota
- 3:30 p.m. Bathroom Stop (30 min.)
- 5 p.m. Arrive at ODR

**It is your responsibility to be on time for the bus!*

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. It is better to be safe and healthy than to risk injury. You can always try again another time. 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.

NOTES



YOKOTA AB

Bldg 564 • 225-4552

HOURS OF OPERATION

Sun/Mon/Holidays • Closed

Tue–Fri • 9:30 a.m.–6 p.m.

Sat • 8 a.m.–6 p.m.



/YokotaOutdoorRec



/Yokota.ODR

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