

Mt. Fuji Safety Brief

MWR NAF Atsugi



Mt. Fuji (富士山, Fuji-san)



Mt. Fuji (富士山, Fuji-san)

WORLD FAMOUS

Mt. Fuji is a World Heritage Site and Japanese cultural icon symbolizing beauty and harmony. It attracts more than 300,000 climbers each year.

ELEVATION

At 12,388 ft (3,776 m) tall, it is the highest mountain in Japan. Its crater is 820 ft deep and has a surface diameter of 1,600 ft.

VOLCANO

Mt. Fuji is an active stratovolcano. It has lain dormant since its last eruption in 1707.

DESTINATION PROFILE

TERRAIN

- ▶ Ascent: Pavement, rock, gravel, cinder, sand, and volcanic ash
- ▶ Descent: Mostly loose gravel

TEMPERATURE

- ▶ Average summit temperature: 40°F /July. 43°F /August.
 - ▶ 18-20°F cooler than 5th Station
 - ▶ 36-40°F cooler than sea level
- ▶ Typically very cold in early morning and overnight.
- ▶ Can drop below freezing.

WEATHER

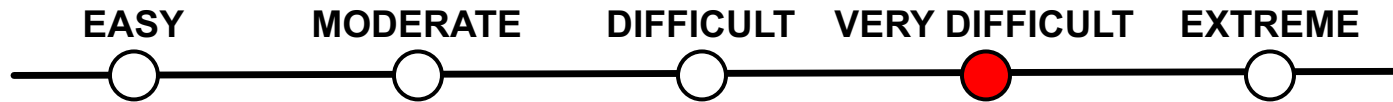
- ▶ Rapid, unpredictable, extreme changes (e.g. hail, lightning)

ALTITUDE

- ▶ Air density is 67% of sea level at peak (12,388 ft)
- ▶ Air density decreases as you climb.

TRIP OVERVIEW

DIFFICULTY



From Fuji-Subaru line 5th station (7,562 ft), it is a strenuous, 10 mile round-trip hike over steep and uneven terrain, requiring occasional scrambling and use of hands for balance. On average, it takes:

- ▶ 5-8 hours to ascend
- ▶ 3-5 hours to descend

Unique environmental and risk factors contribute to difficulty level:

- ▶ High altitude
 - ▶ Decreased availability of oxygen
 - ▶ Increased rate of dehydration
- ▶ Respiratory irritants--fine volcanic dust gets kicked up by hikers.
- ▶ Early departure time makes it challenging to get proper rest.
- ▶ High risk profile and limited emergency services: self-rescue required for anything short of serious injury/illness.

FACILITIES/AMENITIES

PAYMENT

Most facilities accept cash in Yen only, especially the mountain huts. Services become more expensive and limited the higher you go.

FUJI SUBARU-LINE 5th STATION

Full service area with a few restaurants and shops offering snacks, drinks, bottled water, and souvenirs. Restrooms are last free ones before mountain huts. Limited running water--none at mountain huts.

MOUNTAIN HUTS

Located on ascending trail only, they offer basic snacks, drinks, bottled water, and pay-per-use (¥300) eco-toilets (toilet paper availability intermittent). Only paying customers may rest inside (exception for emergencies). Only facility on descending trail is restroom at 7th station.

WASTE

Pack it in, pack it out.

CELL/WIFI

Limited cell service and pay-for-use WiFi is available on the mountain.

FUJI STICK

Available at Fuji-Subaru Line 5th Station for ¥1,500. Costs about ¥5,000 to collect stamps from all mountain huts.



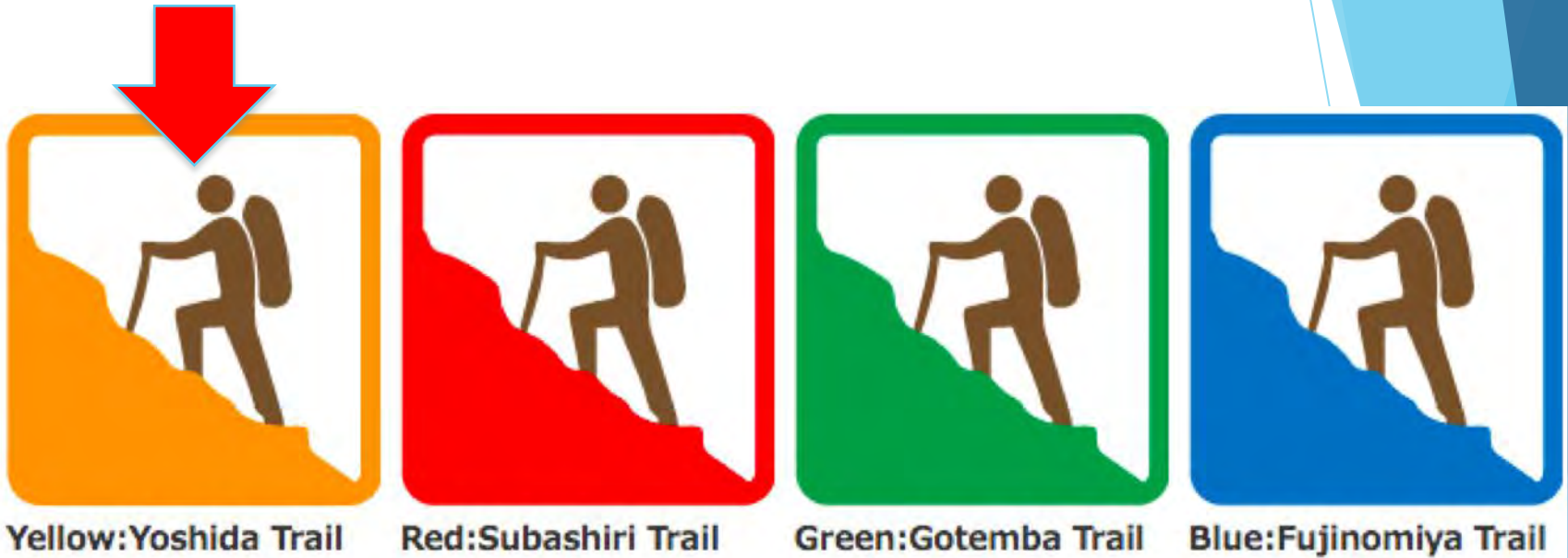
FUJISAN HOTEL



The Fujisan Hotel offers amenities such as hot food, restrooms, and sleeping quarters, however, services are limited and not comparable to a traditional hotel, e.g., no showers. For more info:

www.yamanashi-kankou.jp/foreign/english/stay/p_8139.html

ROUTE>YOSHIDA TRAIL



There are four color-coded trails that lead to the summit of Mt. Fuji.

ALL MWR NAF ATSUGI TRIPS FOLLOW THE YOSHIDA TRAIL.

The Yoshida Trail starts at Fuji-Subaru Line 5th Station and leads to the summit on the north side of Mt. Fuji in Yamanashi Prefecture.

YOSHIDA TRAIL NOTES

- ▶ Most people who climb Mt. Fuji use the Yoshida Trail.
- ▶ The ascending trail is different than the descending trail. The descending trail merges back into the ascending trail at the 6th station.
- ▶ There are many mountain huts on the ascending route. On the descending route, there are no mountain huts after the Yoshida Trail/Subashiri Trail junction.

HOW TO GET LOST: TIP #1

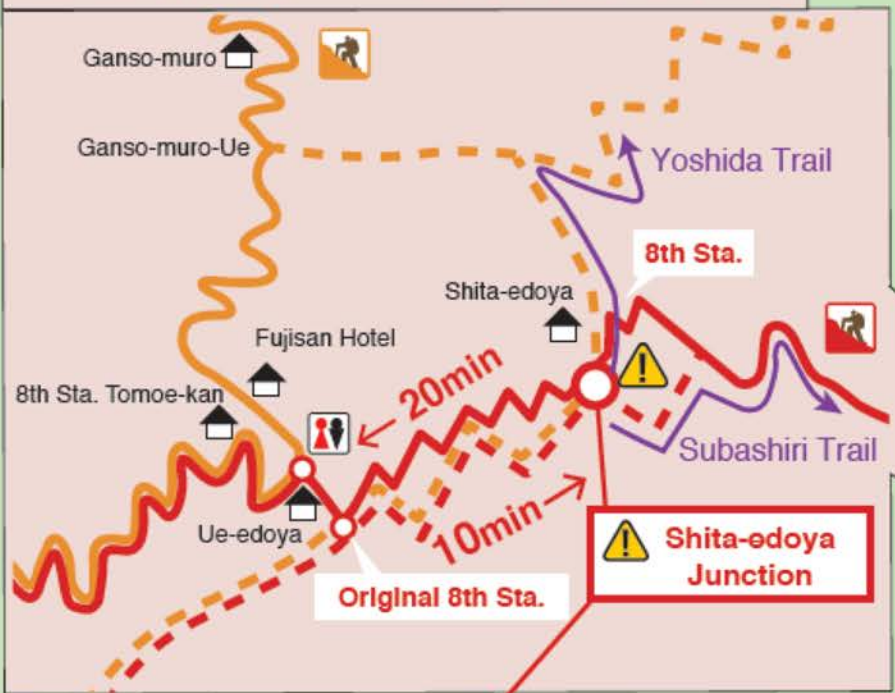
MULTIPLE 5th STATIONS

A great way to get lost is by failing to note that there are **multiple 5th stations**, one for each of the 4 different trails that lead to the summit. All MWR NAF Atsugi trips begin and end at the **Fuji-Subaru line 5th station**.

MT. FUJI CLIMBING MAP



Yoshida Trail & Subashiri Trail 8th Sta. Area



Yoshida Trail

For More Information Click Here



MT. FUJI TRAILS MAP

https://www.fujimountainguides.com/uploads/1/5/3/1/15315858/fuji_climbing_map_e.pdf

Kengamine Peak (3775.6m)



Edoya Hut

Fujisan Hotel

To Subashiri
5th Station

Fuji-Subaru Line 5th Station

YOSHIDA TRAIL KEY POINTS





Gogoen Resthouse

Yoshida Trailhead

Restrooms

Bus Parking

YOSHIDA TRAIL WALK-THROUGH

Fuji-Subaru Line 5th Station





Yoshida Trailhead

YOSHIDA TRAIL WALK-THROUGH

Fuji-Subaru Line 5th Station & Yoshida Trailhead





YOSHIDA TRAIL WALK-THROUGH

Yoshida Trailhead



YOSHIDA TRAIL WALK-THROUGH

Izumigataki: Midpoint 5th-6th Stations



YOSHIDA TRAIL WALK-THROUGH

6th Station: Safety Guidance Center





YOSHIDA TRAIL WALK-THROUGH

6th Station: Uphill View





YOSHIDA TRAIL WALK-THROUGH

Typical Bottleneck



YOSHIDA TRAIL WALK-THROUGH

7th Station: View to Summit Ridge





YOSHIDA TRAIL WALK-THROUGH

8th Station





YOSHIDA TRAIL WALK-THROUGH

8.5 Station





YOSHIDA TRAIL WALK-THROUGH

Summit Approach





Ascending Trail

Shops

Crater

Bathroom

Descending Trail

YOSHIDA TRAIL WALK-THROUGH

Summit Layout





YOSHIDA TRAIL WALK-THROUGH

Summit Crater





YOSHIDA TRAIL WALK-THROUGH

Summit Sunrise





YOSHIDA TRAIL WALK-THROUGH

Descending



Mt. Fuji descending route 8th Station junction

Note the sign board.



Shita-edoya hut

Yoshida Trail

Subashiri Trail

YOSHIDA TRAIL WALK-THROUGH

<<<GO LEFT AT EDOYA HUT!>>>



HOW TO GET LOST: TIP #2

YOSHIDA TRAIL / SUBASHIRI TRAIL JUNCTION

- ▶ The best way to get lost and miss the bus is by failing to go left at the Yoshida Trail/Subashiri Trail junction which occurs at Shita-Edoya Hut. **Go left!**
- ▶ There are many switchbacks on the descending path and people are often tired from the ascent--it's easy to zone out and miss the junction. Be sure to look up periodically and check for signage and other travelers in our group. Trip leaders may be posted there but not always.



YOSHIDA TRAIL WALK-THROUGH

7th Station Restroom



YOSHIDA TRAIL WALK-THROUGH

6th Station: Descent/Ascent Trails Merge





YOSHIDA TRAIL WALK-THROUGH

Finish! Fuji-Subaru Line 5th Station



ASCENDING

PACE: Move at a slow and steady pace. It's more energy efficient and safer than moving in quick bursts; it's a marathon not a race. Many people start out too fast and fizzle out early.

BREAKS: Take frequent, short rests but don't rest too long. If you rest too long your muscles will cool down, and it will be tough to get going again. Use breaks to maximum effect: drink water, eat light snacks, reapply sunscreen, adjust gear as needed.

HYDRATION/NUTRITION: Staying hydrated and fed is critical to avoiding illness/injury. Altitude combined with intense exertion dramatically increases calorie burn and fluid loss. Water and light, nutritionally-balanced snacks work best.

SPACING: Yoshida Trail is often very crowded in the summer. If possible, allow a little spacing between yourself and the next hiker to minimize potential trips/falls/collisions.

SUMMITTING

- ▶ **1130** – If you have not made it to the Fujisan hotel (original 8th station) by this time, immediately begin descending! If you do not start descending right away there is a high probability you will not make it back to the bus on time.
- ▶ **4 hours before departure**– Regardless of where you are at this time, immediately begin descending! If you have not made it to the summit well before this time and you do not start descending right away, there is a high probability you will not make it back to the bus on time.
- ▶ If you reach the summit, it's a good opportunity to recuperate, eat, drink water, and reapply sunscreen.
- ▶ If time permits, you may walk around the crater. It takes approximately 1.5 hours.
- ▶ Give yourself ample time to descend, i.e., don't wait until 1300.
- ▶ The descent trail begins behind the summit bathroom.

DESCENDING

- ▶ Start descending 1400.
- ▶ Injuries typically occur during the descent because people are exhausted from climbing. DO NOT RUN!!!
- ▶ Tighten your boots for extra ankle support.
- ▶ Hiking poles come in handy for this portion.
- ▶ If you are having trouble, please contact your trip leader.
- ▶ **The bus leaves Mt. Fuji at 1900.** We advise bringing just-in-case yen for bus/train fare (approximately 7,000 yen).
- ▶ If all participants return early may depart early.

AND REMEMBER.....

Mt. Fuji descending route 8th Station junction

Note the sign board.

Shita-edoya hut



Yoshida Trail



Subashiri Trail

<<<GO LEFT AT EDOYA HUT!>>>



RISKS

Navy Morale, Welfare and Recreation (MWR), and its staff have done everything possible to assure that our patrons enjoy a rewarding experience. We wish to inform you that:

Hiking/climbing/mountaineering is not risk free

The same elements that contribute to the unique character and fun of hiking/climbing/mountaineering, such as physical exertion or height, can cause loss or damage to equipment, injury, illness, or in extreme cases, permanent trauma or death.

Information provided in this presentation is for informational purposes only and does not take your individual situation into account. Please consult with your physician or other health care professional regarding any medical or health related issue.



THE MOUNTAIN DOESN'T CARE

About your goals, your feelings, or your life. It just is—brutal and beautiful—which is both alluring and terrifying because...

YOU ARE RESPONSIBLE

For your well-being, for planning ahead and preparing, for knowing the route, for using sound judgement, for monitoring all minors and guests in your party so...

KNOW YOUR LIMITS

The underlying cause of most incidents is not knowing and not respecting one's limitations. Minor issues have a tendency of quickly escalating into major ones in this environment. Think and act conservatively. First things first...

SET REALISTIC GOALS

Change your mindset from “Gotta make it to X,” to “Let's see what the mountain has in store.” Focusing myopically on the summit blinds you to risks and means you're likely missing out on all the other great aspects of the trip, so remember...

THERE ARE ALTERNATIVES

Shhh! It's kind of a secret...Fuji is great and all but some of Japan's finest hiking trips are much easier, smaller excursions to lesser known locations. Visit MWR's Gear Rental, located in bldg. 978 and pick up a day hike brochure!



INCIDENT STATISTICS

1989-2008 STUDY

- ▶ 155 incidents reported
- ▶ 28 deaths mostly attributable to cardiac events occurring among male climbers during ascent.
- ▶ The majority of nonfatal incidents occurred during descent and most involved tripping. More than half of all incidents were reported at the 8th step (approximately 3000 m).
- ▶ 28 noninjury incidents attributed to acute mountain sickness or fatigue.

INCIDENTS (cont.)

Incidents on MWR Mt. Fuji Trips			
YEAR	# of people	Minor Evac	Major Evac
2005	1115	10	1
2006	1521	7	2
2007	1193	9	0
2008	1385	8	1
2009	1458	7	2
2010	1108	1	1
2011	1377	2	1
2012	1592	2	0
2013	2348	3	1

MINOR INCIDENTS

- ▶ Fatigue
- ▶ Ankle/knee injuries
- ▶ Minor sprains/strains
- ▶ Cuts/swelling/bleeding from falls

MAJOR INCIDENTS

- ▶ Altitude Sickness
- ▶ Sickle cell (life threatening)
- ▶ Broken bones

RISK & RESPONSE

- ▶ Decreased availability of oxygen
 - ▶ Participate in approved fitness regimen 1-3 months prior.
 - ▶ Move slow and take frequent breaks to acclimatize.
- ▶ Increased susceptibility to dehydration
 - ▶ Ensure proper hydration/nutrition is received before and during trip.
 - ▶ Avoid diuretics (flushing agents) such as alcohol and coffee.
- ▶ Increased exposure to UV rays
 - ▶ Cover exposed skin with clothing/sunscreen. Wear sunglasses.
- ▶ Extreme temperatures. Rapid-changing, unpredictable weather.
 - ▶ Bring appropriate layers: non-cotton synthetics, wool, thermal top and bottom, rain jacket and pants. Rental gear is available at ORC.
 - ▶ Seek shelter at nearest mountain hut in case of lightning.
- ▶ Falling rock
 - ▶ Stay alert to activity above you. Be prepared to evade falling debris. Protect your head and neck. Shelter against cliff side if feasible.

RISK & RESPONSE (cont.)

- ▶ Steep, uneven, unstable terrain with potentially slippery sections
- ▶ **STAY ON designated trail**—marked by signage/ropes/artificial features.
- ▶ Practice balance and mobility exercises prior to trip.
- ▶ Be aware of your surroundings. Exercise great caution near cliffs.
- ▶ Use your hands/trekking poles to balance yourself as needed.

- ▶ Geologically active—small but nonzero risk of volcanic activity.
- ▶ Though not commonplace, the Japanese government recommends bringing helmet, dust mask, and dust goggles.

- ▶ Exposure to respiratory irritants, e.g., fine volcanic ash and sand
- ▶ Wear dust mask or bandana.

- ▶ Early departure/travel time makes it challenging to get proper rest.
- ▶ Try getting to bed earlier in the days leading up to the trip.

- ▶ Limited emergency services; self-rescue required for anything short of serious illness/injury.
- ▶ Travel with a responsible group. Think and act conservatively.

ALTITUDE SICKNESS

- ▶ Altitude Sickness is caused by decreased oxygen at higher elevations
- ▶ Symptoms include headache, nausea, vomiting, dizziness, shortness of breath, fatigue, and decreased appetite.
- ▶ If symptoms worsen, please consider descending, drinking water, taking supplemental oxygen and resting.
- ▶ Everyone is susceptible to altitude sickness, even if you are fit and have been at altitude before without issues.
- ▶ Ways to minimize/prevent altitude sickness include getting adequate hydration, ascending slowly, avoiding tobacco, alcohol, and other medications such as sleeping pills.

SICKLE CELL

SICKLE CELL TRAIT

An inherited blood disorder. Individuals with sickle cell trait carry one normal and one abnormal gene related to the production of the oxygen-carrying protein, hemoglobin. People with sickle cell trait rarely have symptoms and often live normal lives.

RISK FACTORS

Sickle cell trait is more common in certain ethnic groups:

- ▶ African Americans (8-10 percent have sickle cell trait)
- ▶ Hispanics
- ▶ South Asians
- ▶ Caucasians from southern Europe
- ▶ People from Middle Eastern countries

TESTING

A simple blood test administered by your doctor can determine whether you are positive or negative for sickle cell trait.

SICKLE CELL (cont.)

HIGH ALTITUDE PARTICIPATION

Due to the lack of oxygen in high altitudes, individuals with sickle cell trait take a higher risk when participating in this environment. Splenic infarction can occur in individuals with sickle cell trait, particularly at high altitudes. Splenic infarction is tissue death in the spleen caused by a lack of oxygen to this vital organ. Vigorous exercise at altitudes higher than 5,000 feet may increase risk. Splenic infarction causes sudden and sometimes severe pain in the left side of the chest and abdomen. You may experience nausea and vomiting as well.

RECOMMENDATION

If you are positive for sickle cell trait or disease, even if you have never been ill from it, the medical staff at the USNH recommend that you **DO NOT** climb Mt. Fuji. A doctor's note is required if you wish to participate.

MEDICAL

PERSONAL HEALTH

If you have any questions or doubts about your ability to participate, please consult your physician or other health care professional.



PREPARATION

1-3 months prior

Get Fit: Training for Hiking (*please consult your doctor beforehand*)

<https://www.rei.com/learn/expert-advice/hiking-training.html>

24-48 hours prior

- ▶ Limit caffeine and alcohol.
- ▶ Get adequate sleep (≥ 8 hours)
- ▶ Be packed and ready to go. Lighter is better--without sacrificing essential gear.

PACKING LIST

EXPERT TIP

Gear recommendations are based on our trip programmers' extensive outdoor knowledge and personal experience on hundreds of Fuji trips. Failure to bring appropriate gear can not only suck the fun factor out of any trip—it could endanger yourself and others.

MT. FUJI PACKING LIST

- ▶ Sturdy mid/high-cut hiking boots (required)
- ▶ Rain jacket and pants (required)
- ▶ Headlamp (required on overnight. Highly recommended just-in-case item for day trip)
- ▶ Gaiters
- ▶ 20-30 L pack
- ▶ Trekking poles
- ▶ Clothing Layers:
 - ▶ Non-cotton (NO jeans), synthetic/wool materials only
 - ▶ Base layer that wicks away perspiration
 - ▶ Mid layer that insulates from cold
 - ▶ Head: hat with visor / insulating beanie
 - ▶ Face: Bandana/dust mask
 - ▶ Hands: insulating gloves
 - ▶ Feet: well-fitting socks
 - ▶ Extra clothes and shoes to change into
 - ▶ **Bus driver will not allow dirty equipment on bus.**
- ▶ Water (1+ liter). Can also purchase more at mountain huts to reduce pack weight.
- ▶ Food: Ample light, nutritious snacks.
- ▶ Sunglasses
- ▶ Sunscreen
- ▶ First aid items
 - ▶ Necessary personal medications
 - ▶ Pain reliever (e.g. ibuprofen, aspirin)
- ▶ Plastic bags for trash
- ▶ Ziploc/waterproof bags to keep items dry
- ▶ Small towel/wipes/toilet paper
- ▶ Cell Phone
- ▶ Yen (Minimum ¥10,000. Recommend ¥30,000)
 - ▶ Extra food and drinks
 - ▶ Just-in-case bus/train fare (¥7,000)
 - ▶ Restrooms (¥300 per use)
 - ▶ Fuji stick (¥1,500)
 - ▶ All stamps (¥5,000)

DRESS FOR SUCCESS

FIT

Clothing and shoes should be a comfortable fit. Too loose can become a tripping and entanglement hazard. Too tight can impair blood flow and thermal regulation. Boot size should be about half size bigger than you normally wear in tennis shoe.

LAYERING

Layering is a three-part system that includes a base layer that wicks perspiration away from your skin, a mid layer that insulates you from the cold and a shell layer that keeps wind and moisture out. The goal is to add and remove layers throughout your hike so you can stay warm and comfortable without overheating and getting sweaty. It can be a chore to stop and change clothes, but it's really important to stay dry. Getting wet on a cold day can possibly lead to hypothermia.

NO COTTON/DENIM/JEANS

When cotton gets wet, it takes a long time to dry. Being wet is not only miserable, it's dangerous and can lead to conditions such as hypothermia and blisters. Synthetic and wool layers dry much faster and move perspiration away from skin.

SUN PROTECTION

UV exposure increases with altitude making it easier to get sunburned. Even on cloudy days it's critical to protect skin and eyes.



Hiking Boots



Sandals



OK on bus only



Rain Jacket



Rain Pants



Insulating Top



Fleece/Wool/Synth.



Canvas/Cotton



Wicking Base Layer



Pants



Athletic Shorts



Hat w/cord



Sunglasses



Sunblock



Non-cotton Socks



Gloves



Headlamp



Gaiters



Trekking Poles



20-30 L Pack w/hipbelt



**Waterproof Bag
Trash Bag**



Wipes/Tissues



Bandana



First Aid Items



Water 1+ Liter



Snacks



Yen



RENTAL ITEMS

AVAILABLE AT GEAR RENTAL

- | | |
|-----------------------------------|-----|
| ▶ Rain Poncho | \$2 |
| ▶ Hiking Pole | \$5 |
| ▶ Backpack, daypack or waist pack | \$2 |
| ▶ Backpack, internal frame | \$4 |

RENTAL RATE

Prices are first day rate only. Weekly rates available.

CHECKOUT

Gear must be rented before trip start date.

RETURNS

Equipment must be returned on time, in clean and serviceable condition, save normal wear and tear. If not, an additional fee will be assessed.

GEAR RENTAL: 264-6205



IMPORTANT NUMBERS

- 5th Station Gogen House (bus parking) 0555-72-1251
- Mt. Fuji Information Center 0555-72-1477 (9:30 a.m. – 3:30 p.m.)
- 5th Station Rest House 0555-72-1252
- Safety Climbing Guidance Center 0555-72-6223
- Fujiyoshima Police Department 0555-72-0110
- Kawaguchikoguchi 5th Station Weather Information 0555-72-5550

NAF Atsugi Phone Numbers:

- NAF Atsugi Security 0467-63-3200
- MWR Atsugi Tours Office 0467-63-3770/3786
- MWR Atsugi Gear Rental 0467-63-6205
- MWR Atsugi Fitness 0467-63-3560

*Obtain your command's emergency contact number



QUESTIONS?

If you have additional questions or concerns, a representative will be available to answer your questions at the Tours Office (264-3770/3786) Monday to Friday, 9 a.m. to 6 p.m.



CERTIFICATE OF COMPLETION

NAF Atsugi Mt. Fuji Safety Brief

My signature below certifies that I have fully read, understood, and agreed to the policies contained herein. Further, I accept responsibility for ensuring any guests or minors in my party fully understand and adhere to these policies. I understand my participation is voluntary and may be withdrawn at any time (please refer to rental agreement for refund policy).

Participant / Sponsor / Guardian
(18 & Older)

DATE

Guest / Dependent (10 & older)

DATE



Must be completed by all participating adults and presented at registration time.

RESOURCES

Mt. Fuji Comprehensive Guide

<http://www.fujisan-climb.jp/en/>

Fuji Mountain Guides

<https://www.fujimountainguides.com/climbing-mt-fuji.html>

U.S. Embassy Safety Precaution: Climbing Mount Fuji

<https://jp.usembassy.gov/u-s-citizen-services/local-resources-of-u-s-citizens/emergency-assistance/safety-precaution-climbing-mount-fuji/>

Fujisan Hotel

https://www.yamanashi-kankou.jp/foreign/english/stay/p_8139.html