

What to Bring and Wear on the Mt. Fuji Climb

After the weather stabilizes in the summer, even beginners can climb Japan's symbolic Mt. Fuji. However, be warned, Mt. Fuji exceeds heights of 3,000 meters. Even if the lower part of the mountain is sunny, if the summit is covered in clouds, there is a chance you may run into bad weather. **We recommend fully preparing yourself against the cold and rain before climbing Mt. Fuji.**

* The below list is only a suggestion of what you should bring to Mt. Fuji. Please prepare for the trip according to the weather on the day of the climbs, your physical condition, sex, and age.

Clothing

[Protection Against the Cold]

There can be more than a 15°C difference in temperature between the 5th Station and the peak of Mt. Fuji. On top of a long-sleeved t-shirt, you should wear a warm fleece or sweater, in addition to a waterproof windbreaker to help protect yourself against the elements. Wear long pants with elasticity so you can move your knees easily. We do not recommend wearing jeans as they are inflexible and heavy.

[Change of Clothing]

Please bring clothing which not only dries easily but which you can also take on and off as necessary when you break a sweat or are rained on while climbing the mountain. Bring a plastic bag to keep them dry until use.

[Rain Gear]

Bringing rain gear which protects your upper and lower body separately is best. Do not use an umbrella on the mountain as it is dangerous.

Walking Stick

A walking stick will assist you on your ascent. You can buy a wooden pilgrim walking stick for a discounted price at the 5th Station Rest House.

Hats

The path from the 5th Station up the mountain is barren and without cover. There are also no clouds to protect you from direct sunlight. Bring a hat to protect your face from the sun, which will not easily blow away with the wind.

Flashlight

It is best to bring a head lamp as it leaves both of your hands free.

Backpack

Bring a bag in which you can easily and securely carry your belongings. A waterproof bag that protect your belongings from the rain is best.

Gloves

Gloves are not only helpful when climbing but also offer protection against the cold. We recommend bringing waterproof gloves as opposed to cotton gloves which do not offer protection against the cold when it rains.

Shoes

We recommend shoes that support your ankles as well as protect your feet from pebbles, such as high cut hiking boots. You cannot climb Mt. Fuji in high heels or sandals.



Rotary

Rotary

Rotary YouthExchange committee will prepare.

Other Essentials

Water Bottles

Water is extremely important on the mountain. Although water is sold at the Mt. Fuji 5th Station and the Toyokan Hut, the price is more expensive than it is away from the mountain. We recommend you bring as much water as possible for this trip.



Plastic Bags

Please bring a larger sized plastic bag to carry your trash or protect your belongings from sudden rain storms.

Please ask own Host family when you arrive, (when you prepare to go to Mt. Fuji trip)

Hand Towel / Towels

Bring more than 3 hand towels with you to dry your hands after going to the restroom or wipe your sweat when you perspire. Towels at the hot springs the next day will require an additional fee.



(Rentals 100 yen, For Sale: 200 yen)

Toilet Paper

As toilet paper is not provided in many of the restrooms on Mt. Fuji, please bring your own toilet paper.



Medicine and Food

We recommend bringing snacks such as caramel, chocolate, and candies containing salt and sugar for your trip.

100 Yen Coins

As the restrooms on Mt. Fuji are not free, we recommend bringing several 100 yen coins with you when you climb the mountain.

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