

# 2025 Summer

# Mt. Fuji Safety Brief

Yokosuka Outdoor Recreation



# OVERVIEW

## WHO

**Mandatory** for all Mt. Fuji program and command trip participants. Brief and certificate must be completed prior to registering at ORC. Minimum age to participate is 10 years old.

## WHAT

Important information about risks, planning and preparation, itineraries, destination profile, rentals and registration.

## WHEN

Trips run seasonally July-August. To view trip dates and availability, please visit Outdoor Recreation Trip Offerings via the myFFR portal: <https://myffr.navyaims.com/yokosukarec.html>

## WHERE

The Outdoor Recreation Center (ORC) is located 1st FL Bldg. B48 next to Fleet Rec and USO. Open 10 am – 6 pm, Thursday – Tuesday. Holidays 10 am – 2 pm. Closed Wednesdays.



# 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.
  - ▶ Summit is 18-20°F cooler than 5th Station.
  - ▶ Summit is 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



We will start from the Fuji-Subaru line 5<sup>th</sup> station (7,562 ft), from this point it is a strenuous 10 mile round-trip hike over steep and uneven terrain. It is common to engage in occasional scrambling in which the use of hands will be needed for balance. On average the hike takes approximately:

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

Unique environmental risk factors contribute to the difficulty level:

- ▶ High altitude
  - ▶ Decreased availability of oxygen
  - ▶ Increased rate of dehydration
- ▶ Respiratory irritants—fine volcanic dust that 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.

# TRIP SCHEDULE

## DAY HIKE

\$80/person (Blue Jacket: \$60). Transportation and trip leaders.

The trail entrance fee will additionally cost ¥4,000/person at the 5<sup>th</sup> station trailhead (Cash/credit card will be accepted for payment).

- ▶ Saturdays, July 12, 19 & 26.
- ▶ Saturdays, August 2, 9, 23 & 30.

## SIGN-UP STARTS on

JUNE 1 – All the one day Fuji trips in July

JULY 1 – All the one day Fuji trips in August

## COMMAND HIKE

\$1,800. Bus transportation/trip leaders only. To book, please contact:

Junpei Onishi <[Junpei.Onishi.In@us.navy.mil](mailto:Junpei.Onishi.In@us.navy.mil)>

Hiro Yoneda <[HiroYuki.Yoneda2.In@us.navy.mil](mailto:HiroYuki.Yoneda2.In@us.navy.mil)>

## NOTES

For ages 10 and up. Meals not included. Bring sufficient yen for food, drink and restrooms. Advise bringing emergency bus/train fare.



# DAY HIKE ITINERARY

01:45 Meet at Outdoor Recreation Center.

02:00 Depart Outdoor Recreation Center.

05:00 Arrive at Subaru Line 5<sup>th</sup> Station.

05:30 Start hiking.

13:00 STOP ASCENDING! START DESCENT WHEREVER YOU ARE!

17:00 Meet at bus.

18:00 Depart Fuji Subaru Line 5th Station.

22:00 Arrive at Outdoor Recreation Center.

## NOTES

- ▶ THE BUS RUNS ON SCHEDULE & WILL DEPART WITHOUT YOU.  
We advise bringing just-in-case money for bus/train fare. Times are approximate. Schedule may change due to traffic, weather conditions or unforeseen circumstances.

# FACILITIES/AMENITIES

## PAYMENT

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

## FUJI SUBARU-LINE 5<sup>th</sup> STATION

Full service area with a few restaurants and shops offering snacks, drinks, bottled water, and souvenirs. Restrooms located here are the last free ones before arriving at the mountain huts where running water is limited to—none.

## 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 7<sup>th</sup> station.

## WASTE

Pack it in, pack it out. “ALL TRASH MUST GO WITH YOU”

## CELL/WIFI

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

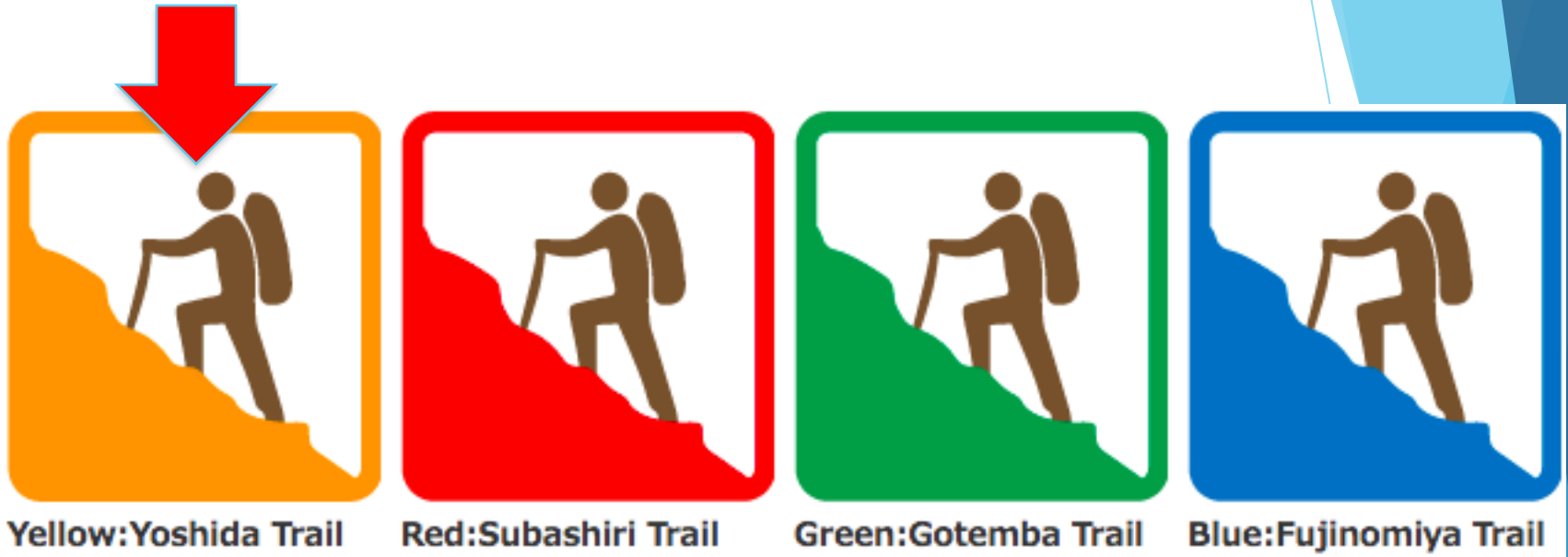
# FUJI STICK

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

These can also be purchased at ORC for \$15 with limited edition ORC stamp.



# ROUTE>YOSHIDA TRAIL



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

**ALL YOKOSUKA OUTDOOR REC 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

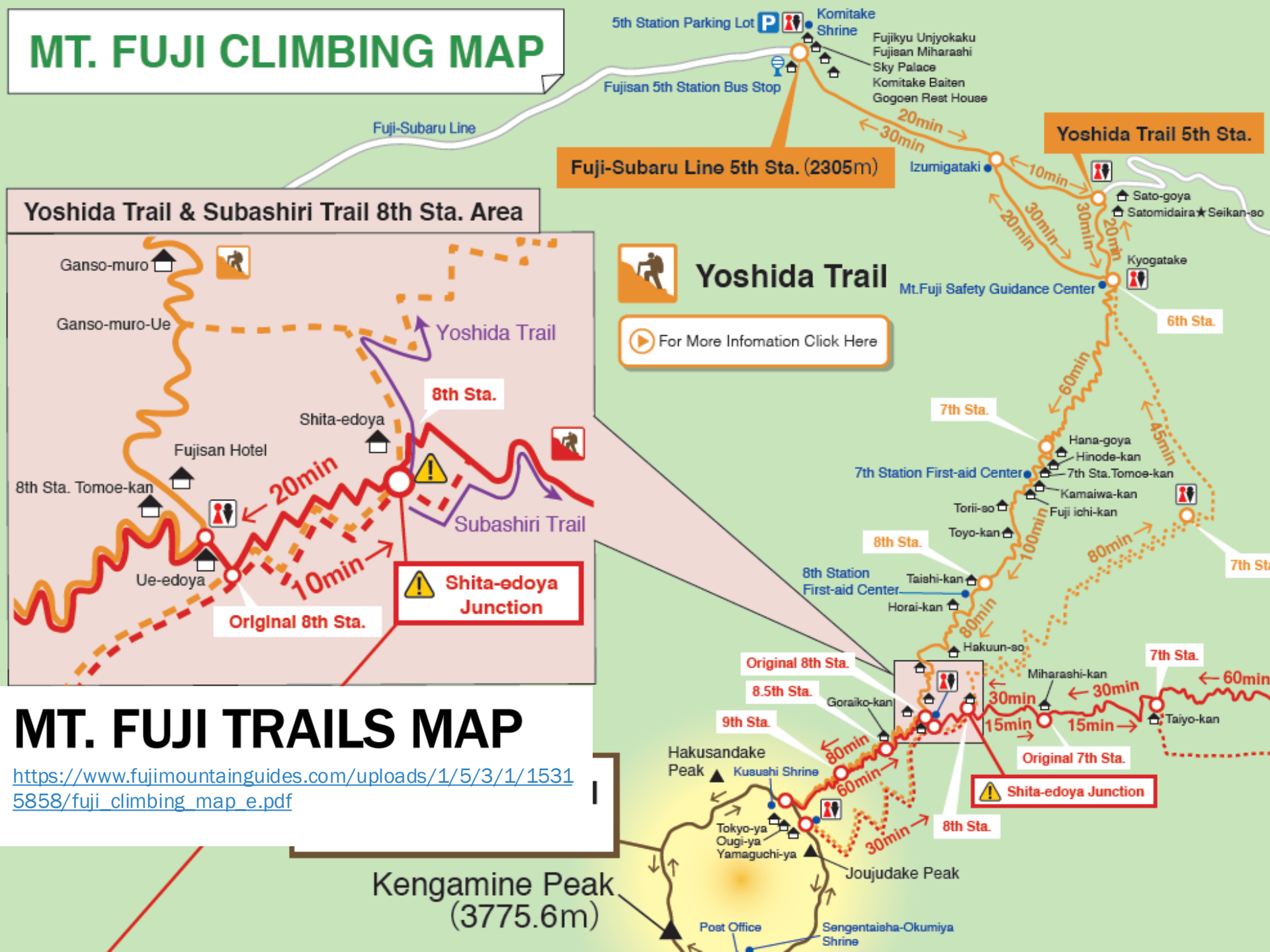
- ▶ Most people who climb Mt. Fuji use the Yoshida Trail.
- ▶ The ascending trail is much more different than the descending trail. The descending trail merges back into the ascending trail at the 6<sup>th</sup> station.
- ▶ There are many mountain huts on the ascending route. On the descending route,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

# HOW TO GET LOST: TIP #1

## MULTIPLE 5<sup>th</sup> STATIONS

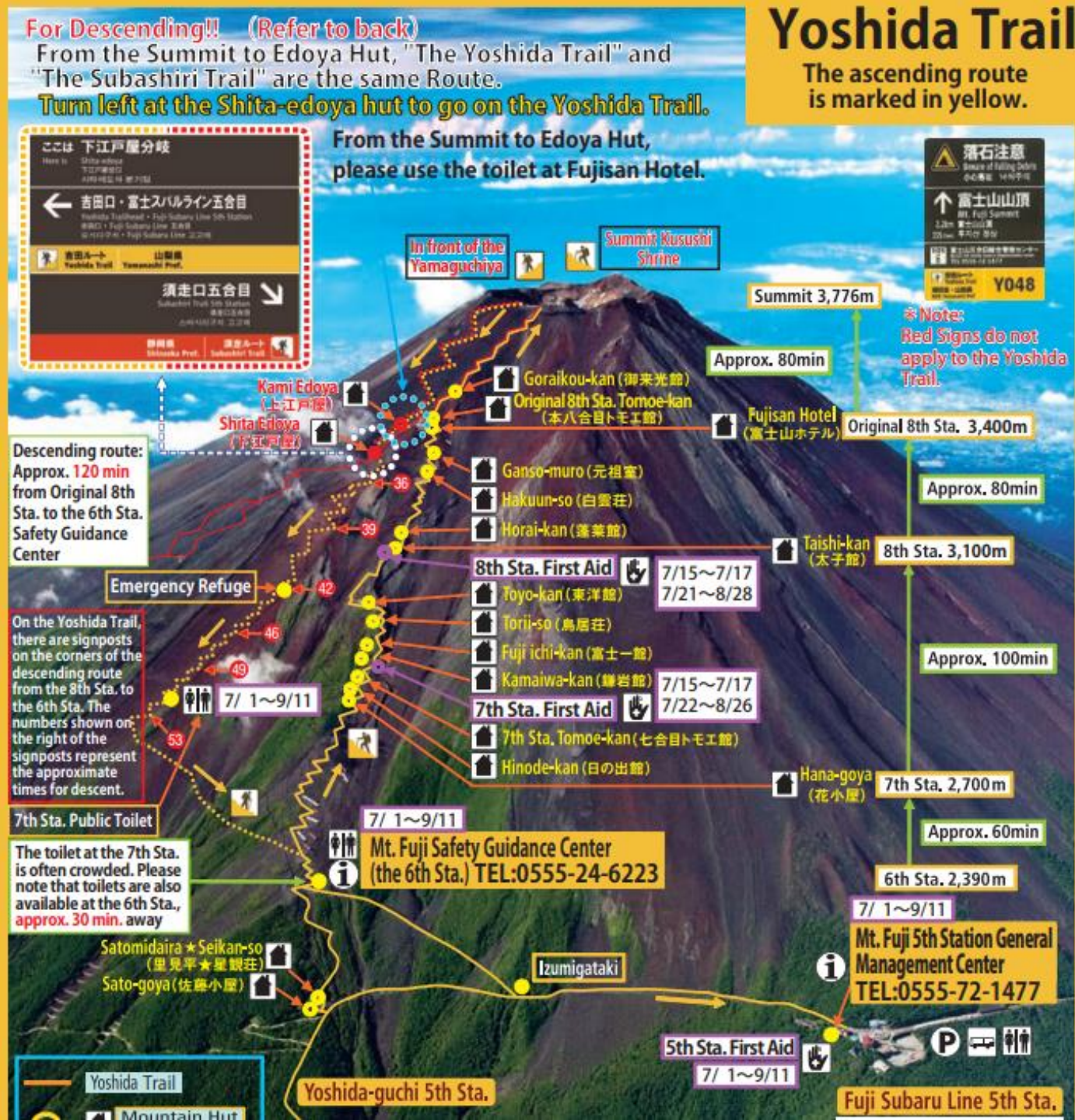
A great way to get lost is by failing to note that there are **multiple 5<sup>th</sup> stations**, one for each of the 4 different trails that lead to the summit. All Yokosuka Outdoor Rec trips begin and end at the **Fuji-Subaru line 5<sup>th</sup> station**.

# MT. FUJI CLIMBING MAP



# YOSHIDA TRAIL MAP

For a higher resolution,  
detailed version of the  
Yoshida Trail Map,  
please visit:  
<https://www.fujisan-climb.jp/en/trails/yoshida-trail/yoshida-trail.html>





Edoya Hut

Fujisan Hotel

To Subashiri  
5th Station

Fuji-Subaru Line 5th Station

# YOSHIDA TRAIL KEY POINTS



Gogoen Resthouse

Restrooms

Bus Parking

Yoshida Trailhead

# YOSHIDA TRAIL WALK-THROUGH

Fuji-Subaru Line 5<sup>th</sup> Station



Yoshida Trailhead

# YOSHIDA TRAIL WALK-THROUGH

Fuji-Subaru Line 5<sup>th</sup> Station & Yoshida Trailhead





# YOSHIDA TRAIL WALK-THROUGH

## Yoshida Trailhead



# YOSHIDA TRAIL WALK-THROUGH

Izumigataki: Midpoint 5<sup>th</sup>-6<sup>th</sup> Stations



# YOSHIDA TRAIL WALK-THROUGH

6<sup>th</sup> Station: Safety Guidance Center





# YOSHIDA TRAIL WALK-THROUGH

6<sup>th</sup> Station: Uphill View



# YOSHIDA TRAIL WALK-THROUGH

Typical Bottleneck



# YOSHIDA TRAIL WALK-THROUGH

7<sup>th</sup> Station: View to Summit Ridge





# YOSHIDA TRAIL WALK-THROUGH

8<sup>th</sup> 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 right 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. Trip leaders may be posted at the junction to guide you but not always.
- ▶ It's easy to get mixed up with groups from other bases who may be following a different trail. If you decided to follow someone, double check that they are in your group and headed to the correct destination via the correct trail.



# YOSHIDA TRAIL WALK-THROUGH

## 7<sup>th</sup> Station Restroom



# YOSHIDA TRAIL WALK-THROUGH

## 6<sup>th</sup> Station: Descent/Ascent Trails Merge





# YOSHIDA TRAIL WALK-THROUGH

## Finish! Fuji-Subaru Line 5<sup>th</sup> 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

- ▶ **TIME LIMIT:**
- ▶ **11:00 – If you have not reached Fujisan hotel (original 8<sup>th</sup> station) by this time, immediately begin descending on Day Hike!** If you do not start descending right away there is a high probability you will not make it back to the bus on time.
- ▶ **TURN-AROUND TIME:**
- ▶ **13:00 – Regardless of where you are at this time, immediately begin descending on Day Hike!** If you have not made it to the summit well before 13:00 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, reapply sunscreen and tighten your shoelaces.
- ▶ 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 13:00.
- ▶ The descent trail begins behind the summit bathroom.

# DESCENDING

- ▶ Start descending by 13:00 on Day Hike.
- ▶ Remember descending is harder than ascending due to the steep rugged loose gravels on lots of switch-back
- ▶ Injuries typically occur during the descent because people are exhausted from climbing. **DO NOT RUN!!!**
- ▶ Tighten your shoelaces for extra ankle support.
- ▶ Hiking poles come in handy for this portion.
- ▶ If you are having trouble, please contact your trip leader.
- ▶ The bus runs according to schedule. We advise bringing just-in-case yen for bus/train fare (approximately 10,000 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) CFAY, 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 altitude, 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 our best hiking trips are actually easier, smaller excursions to lesser known locations. You can check them out at the [myFFR portal](#).



# INCIDENT STATISTICS

## 2010-2020 STUDY (267,210 hikers/year in average)

- ▶ A total of 699 (186 occurred off hiking season) incidents reported
- ▶ A total of 81 (60 occurred off hiking season) deaths mostly attributable to cardiac events and acute mountain sickness.
- ▶ The majority of nonfatal incidents occurred during descent and most involved tripping/falling. More than half of all incidents were reported at the 8th station (approximately 3000 m).

# 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 possible.

# 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, climbing on Mt. Fuji is “**EXTREMELY HIGH RISK** and you **DO NOT** climb on Mt. Fuji.



# 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 ( $\geq 8$  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 ¥20,000)
  - ▶ Extra food and drinks
  - ▶ Just-in-case bus/train fare (¥7,000)
  - ▶ Restrooms (¥300 per use)
  - ▶ Fuji stick (¥1,500)
    - ▶ All stamps (¥5,000)

\*Available for rent at Outdoor Recreation Center.



# 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 THE OUTDOOR RECREATION CENTER

▶ Boots (waterproof)	\$6
▶ Rain Jacket	\$5
▶ Rain Pants	\$5
▶ Pack – Large	\$6
▶ Pack – Small	\$2
▶ Gaiters	\$2
▶ Trekking Pole	\$5

## RENTAL RATE

Prices are first day rate only; additional days are half price. Equipment may be returned upon arriving back at ORC or day after at no extra charge.

## CHECKOUT

Advance reservation is unavailable. Rentals are first come, first served. Gear must be rented before trip start date. **NO RENTALS allowed day of.**

## 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.



# QUESTIONS?

If you have additional questions or concerns, please contact Outdoor Recreation Center at DSN 243-5732 or Commercial phone 046-816-5732.

# CERTIFICATE OF COMPLETION

## 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).

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PARTICIPANT (18 & Older)

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DATE

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SIGNATURE

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

# RESOURCES

**Yokosuka Outdoor Recreation Trip Info**

<https://myffr.navyaims.com/yokosukarec.html>

**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/services/safety-precaution-climbing-mount-fuji/>

**Fujisan Hotel**

<https://www.fujisanhotel.com/>