

Climbing Mount Fuji – Essential Tips (Part 1)

Temperature

In July and August, the temperature at the top of Mt. Fuji is about 4–5° C (39–41° F). This is as cold as winter in Tokyo. It feels even colder when you watch the sunrise at the summit. But at the 5th Station (the starting point), the temperature can be over 20° C (68° F). On sunny days, you might sweat even if you wear only a T-shirt. To stay safe and comfortable, you need warm clothes and should be ready to add or remove layers during the hike.

Wind

Above the 5th Station, there are no trees or shelters to block the wind. Strong winds over 15 m/s (33 mph) can blow small rocks into the air. At 20 m/s (45 mph), it is very hard to walk. At 25 m/s (56 mph) or more, the wind can knock people down. Even on sunny days, hikes may be canceled because of strong wind.

Rain

The weather on Mt. Fuji can change very quickly. It might be raining at the bottom but clear near the top, or the other way around. Sometimes, the weather changes suddenly even in the same place. Because it is hard to know what the weather will be like, climbs are usually not canceled if it rains. So, it is very important to bring good rain gear.

Lightning

Sometimes, the whole mountain can be covered by thunderclouds. You may feel your hair stand up or see small sparks of electricity at night. If this happens, go to the nearest mountain hut right away and stay inside. Thunderclouds usually pass in a few hours. After that, it may be safe to continue climbing. But always be very careful.

Falling Rocks

Falling rocks are very dangerous when climbing mountains, including Mt. Fuji. If you see a rock falling, shout to warn others. Quickly move to the uphill side of the trail. Protect your head and stay low. The most important thing is to **not** cause rockfalls. Stay on the trail and avoid throwing or kicking rocks. Walk near the center of the path. When you take a rest, don't sit with your legs on the slope.

Altitude Sickness

Altitude sickness (also called hypoxia) is common on Mt. Fuji. The average air pressure at the summit of Mt. Fuji is about 640hPa, which is only about two-thirds of that at flat land, resulting in less oxygen being taken in with each breath.

Symptoms include:

- headache
- dizziness
- feeling sick (nauseous)
- no appetite

In serious cases, people may feel confused or have muscle spasms.

To feel better:

Keep warm, drink water, breathe deeply, and rest.

If symptoms don't go away, go down the mountain. Even going down a little can help quickly.

To prevent altitude sickness:

Rest at the 5th Station before climbing.

Go slowly, and breathe deeply and steadily.

Climbing Mount Fuji – Essential Tips (Part 2)

Ascent

You will use the Kawaguchiko/Yoshida Trail on the Yamanashi side of Mount Fuji.

From the Subaru Line 5th Station to the Torii-so Lodge (the Original 7th Station), it takes about 3 hours if you walk slowly and steadily.

From Torii-so to the summit, it takes about 4 more hours. Go at a relaxed pace to help your body get used to the thin air and lower pressure.

※Always listen to your mountain guide or tour leader.

※This is a group hike, so please do not go off on your own.

※If someone feels sick or gets hurt (injured), tell the guide or tour leader right away.

Descent

It takes about 3.5 hours to go down from the summit to the 5th Station.

Please use the trail made for going down.

To start, from the summit shop (on your right) and the restroom (on your left), take the trail going left.

After you pass the 8th Station, the trail splits into two. One goes to Yamanashi (Kawaguchiko/Yoshida), and the other goes to Shizuoka.

Make sure to follow the trail to **Kawaguchiko/Yoshida (Yamanashi side)**.

If you get lost or separated from your group, ask a Fuji guide (they wear an armband) or someone at a mountain hut for help. Ask how to return to the **Kawaguchiko/Yoshida trail**.

How to Spend Time at the Mountain Hut

The final climb to the summit starts around midnight (12:00 AM).

When you arrive at the hut, eat dinner and go to sleep right away.

Follow the hut staff's instructions about where to sleep and how to spend your time.

Important Rules:

- Turn off your mobile phone or set it to silent mode while inside the hut.
- Electricity is limited. There are no places to charge your phone or camera.
 - We recommended Bring extra batteries and save power.
- Toilets are in a separate building. Use the slippers provided when going outside.
- Toilets cost ¥200 per use. Bring small coins (like two ¥100 coins).
- The sleeping area is no smoking and no food or drinks allowed.
- Many people are resting, so please be quiet.

Even if you can't sleep, stay still and rest to save your energy.
- Wait for staff to wake you up. Don't get ready too early.
- Breakfast will be provided as a packed meal before departure. Don't forget to take it!
- Please take back any trash with you except for what you purchase at the mountain hut.
- If you need help, go to the hut shop area.
- If you need anything, please go to the shop area of the hut.

Essential Gear and Packing List for Climbing Mt. Fuji

Gear and supplies

| No. | Gear and supplies | Gear details |
|-----|-------------------|--|
| 1 | Hiking boots | You can wear sneakers, but they must have laces that can be tied. If you wear hiking boots, be sure to break them in well before use. |
| 2 | Backpack | Use a backpack around 30 liters in size. It is dangerous to carry things by hand, so put everything inside the backpack. |
| 3 | Flashlight | We recommend using a headlamp. Change the batteries to new ones before leaving home to be safe. |
| 4 | Rainwear | Be sure to use rainwear with separate top and bottom pieces. Umbrellas and ponchos are not suitable for Mount Fuji where strong winds blow. |
| 5 | Drinks | You can buy drinks at mountain huts as needed, so 1 liter is enough. |
| 6 | Hiking snacks | Lightweight and high-calorie foods are recommended. |
| 7 | Tissue paper | Useful in emergencies |
| 8 | Towel | Bring two towels. You can use them to wipe sweat or dry off if it rains. |
| 9 | Plastic bag | Plastic bags come in handy for carrying out trash and keeping spare clothes dry. |
| 10 | Medications | Bring basic first-aid items like band-aids. If you take any regular medications, check with your doctor to make sure they're safe to use at high altitudes. Be especially careful with sleeping pills. |
| 11 | Sunscreen | Be aware that sunlight is stronger at higher elevations, so take precautions. |
| 12 | Spare clothes | Keep your underwear and socks dry by storing them in plastic bags. |
| 13 | Mask | For protecting against volcanic ash on the way down. |

Clothing

| No. | Clothing | Clothing Guidelines |
|-----|---------------|--|
| 1 | Shirt • Pants | To prevent injuries and sunburn, it's best to wear long-sleeved shirts and long pants. Try to pick quick-dry materials. Jeans are not recommended. |
| 2 | Underwear | Quick-drying underwear is recommended. |
| 3 | Hat | A hat is recommended to protect yourself from strong sunlight. |
| 4 | Socks | Avoid ankle socks; choose thicker, longer socks instead. |
| 5 | Outerwear | Clothes like fleece with a front zipper are easy to wear and remove. It's about 3° C (37° F) at the summit. Having a light windbreaker is handy too. |
| 6 | Gloves | Gloves are also good for protecting your hands on rocky slopes or if you fall. Work gloves are fine too. |

Useful items to bring (within what you can carry).

| No. | Useful items | Supplement |
|-----|---------------------|---|
| 1 | Hiking pole | Trekking poles help with balance and reduce strain on your legs and lower back. If you use a Kongō stick, you can collect stamps at each mountain hut. |
| 2 | Charger、 Power bank | There are no places to charge devices, so having a portable charger is useful. |
| 3 | Wet wipes | Mountain huts don't have places for bathing or washing, so bringing wet wipes is handy. |