

Mt. Fuji Climb Checklist

Base Layers: Insulating thermal underwear for both top and bottom. These should be made from wicking materials (draws moisture/sweat away from the body) and should NEVER be made of cotton.

Heavy Insulating Layer: The temperature at the summit will at times, be below zero degrees celsius. In these temperatures you must stay warm. Usually a fleece or wool upper body garment, i.e. a fleece jacket will do the trick.

Rain Jacket & Pants: You will need a jacket/pants made of rain/wind resistant material with an attached hood. Ideally these will be made of waterproof/breathable (Gore-tex) fabric.

Backpack: A minimum of 25L pack is the average recommended size for this climb. A hip strap is recommended for added comfort.

Backpack rain cover: Most backpacks are not waterproof. Protect your gear from getting wet with a rain cover.

Footwear: Waterproof ankle protecting hiking shoes

Good Socks: You will want one or two changes of socks, either wool or synthetic, but NEVER cotton. Use liner socks (a thin silky sock that minimizes friction between your sock and your foot) if you have not had time to break in your boots or if you are prone to blisters.

Gloves: These keep your fingers warm in freezing temperatures and high winds. Fleece is ideal because it is insulating even when wet.

Warm Hat: It is a known fact that 70% of your body heat escapes through your head. So put a plug on it. Use a warm fleece/wool beanie to keep your head warm in the cold.

2 large garbage bags or dry bags: When it rains, you want to be prepared. Placing all of your clothing inside of a dry bag will waterproof everything inside the bag.

Sunscreen: UV rays are exponentially more potent in higher elevations. It is not uncommon to get burned even in cloudy weather. Bring one tube of SPF 15 or higher.

Headlamp: For those climbing Mt. Fuji in an attempt to watch the sunrise from the summit. Be sure to bring extra batteries.

Sunglasses: It can get very bright on the mountain, these will prevent your eyes from getting sunburned (it does happen).

Gaiters: Small ankle-length gaiters big enough to cover the area from the top of your boot to the area above your ankle. These will keep pebbles and rocks from entering your boots.

Face Mask: On a clear sunny day, your descent of Mt. Fuji may create a dust storm. With hundreds of other climbers tracking up dust too, a face mask will do wonders.

Water: Good to start off with at least 1 liter. You may buy more along the trail at the mountain huts, although it is a bit pricey.

Snacks: We suggest bringing crackers, candy bars, jerky, chips, cookies, trail mix, fruits, energy bars, and hard candies. Add peanut butter, cream cheese, hard cheese, or pepperoni for additional calories and taste.

¥100 coins for restroom: Starting from the 5th station onwards, restroom facilities cost ¥200 per use.

Camera: Capture the moment, cherish the memories.

Fuji Mountain Guide