Plan for "Route 3776 Climbing Mt. FUJI"

/ /
(Year) (Month) (Date)

I swear to climb Mt. Fuji on my responsibility. I will keep in mind 7 basic rules mentioned in the Guide Map and follow the plan below.

Group name
(if applicable)

Address

Phone number

Representative

Emergency Contact

Name

Address

Phone number Daytime

Nighttime

Do you have rescue service? Yes (person) / NO

Purpose		
Destination	・Mt. Fuji peak（3776m） ・Other（ ）	
Term	From(Year) /(Month) /(Date) to(Year) /(Month) /(Date)	
Accommodation		

Date	Climbing Plan

Name	DOB / Age	Gender / Blood Type	Address in Japan	Rainwear color / Backpack color	Emergency Contact / Name, Phone number and address

【Belongings and Equipment Checklist】

Please make it sure to prepare what you need to climb the mountain, following the Guide Map.

[Clothes]

☐Hat
☐Athletic Shoes
☐Long-sleeve shirts
☐Extra clothes
☐Protection against cold
☐Climbing shoes
☐Longpants
☐Gloves
☐Backpack（35～40 ℓ）
☐Socks（thick one is better）

[Others]

☐Rain equipment
☐Guide Map
☐Pole
☐Sun Glasses
☐Trash bags（at least 5）
☐Flu mask and pocket warmer
☐Meals（for days）
☐Watch
☐Medicine and bandage
☐Towels and water-soluble Kleenex
☐Tights
☐Cell phone(with extra batteries)
☐Drinking Water（ ℓ）
☐Health insurance card
☐Headlight（with extra batteries）
☐Helmet
☐Sunscreen and lip balm

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