

# Climbing equipment for Mt.Fuji (Summer : July-August) CHECK LIST



Please use it as the equipment checklist of those climbing Mount Fuji.  
This checklist is for Mt.Fuji climbing season (July-August).  
It is based on information of 2017.

The name of equipment	Point	SORA no SHITA Handling	Mountain hut Handling	Necessity	Check
<b>Equipment to protect your safety</b>					
Backpack	Around 30L and the backpack with a waist belt are good.	Rental · Sale	Unavailable	◎	<input type="checkbox"/>
Rainwear	Vinyl raincoat is NG. Comfort is high with Gore-Tex.	Rental · Sale	Unavailable	◎	<input type="checkbox"/>
Headlight	LED type is the best! Do not forget to bring extra batteries.	Rental · Sale	Only battery	◎	<input type="checkbox"/>
Trekking shoes	Choose the shoes with high cut solid soles. Waterproof is required.	Rental · Sale	Unavailable	◎	<input type="checkbox"/>
Socks	Thick and quick-drying socks are good.	Sales only	Unavailable	◎	<input type="checkbox"/>
Warm clothes	Light inner down jackets or Fleece.	Rental · Sale	Unavailable	◎	<input type="checkbox"/>
Trekking trousers	Quick-drying material is better than cotton.	Rental · Sale	Unavailable	◎	<input type="checkbox"/>
Inner wear	T-shirts or thin-to-medium thick long sleeved shirts other than cotton.	Sales only	Unavailable	◎	<input type="checkbox"/>
Base layer	Dry shirt for sports is comfortable.	Sales only	Unavailable	◎	<input type="checkbox"/>
Hat	Large collar is better for UV protection. Good to have a knit cap for sunrise.	Rental · Sale	Some available	◎	<input type="checkbox"/>
Water (Hydration)	Bring at least 1 liter of water. Hydrator is convenient.	Rental · Sale	Water 2-500 yen	◎	<input type="checkbox"/>
Food	Individually packed snacks, sweets, etc...	Unavailable	Available	◎	<input type="checkbox"/>
Map	Imagine the route seeing the map in advance.	Delivered by app	Some available	◎	<input type="checkbox"/>
Medicine	It is useful if you have medication for pain relief.	Unavailable	Unavailable	◎	<input type="checkbox"/>
First aid	Taping tape is useful if you have an accident.	Unavailable	Unavailable	◎	<input type="checkbox"/>
Mobile phone	Turn on the power only when needed.	Unavailable	Unavailable	◎	<input type="checkbox"/>
Survival sheet	It can be purchased for hundreds of yen - 2000 yen.	Unavailable	Unavailable	△	<input type="checkbox"/>
Identification	Should take it for the time of any accident.	Unavailable	Unavailable	○	<input type="checkbox"/>
<b>Equipment to reduce fatigue</b>					
Trekking poles	It greatly reduces fatigue to the foot especially when descending Mt.Fuji.	Rental · Sale	Only wooden stick	○	<input type="checkbox"/>
Support tights	Should choose the type that makes joints and muscles better to use.	Rental · Sale	Unavailable	△	<input type="checkbox"/>
Pocket oxigen	Not only cans, but there are drinking, eating types etc..	Sales only	Available	△	<input type="checkbox"/>
Sunscreen product	On the top, the ultraviolet rays increased by 40%.	Unavailable	Unavailable	○	<input type="checkbox"/>
Energy supplement	There are some that alleviate muscle fatigue like Amino Supplies.	Unavailable	Available	△	<input type="checkbox"/>
<b>Equipment to make climbing comfortable</b>					
Changing clothes	Do not bring too much. Only underwear, socks, and inner wear are OK.	Unavailable	Some available	○	<input type="checkbox"/>
Spats	Prevent rain and gravel from entering the shoes.	Rental · Sale	Some available	○	<input type="checkbox"/>
Gloves	Windproof and waterproof glove are better.	Rental · Sale	Some available	○	<input type="checkbox"/>
Sunglasses	To protect your eyes from strong ultraviolet.	Rental · Sale	Some available	○	<input type="checkbox"/>
Backpack cover	Put clothes and valuables into plastic bags to prevent rain.	Rental · Sale	Some available	○	<input type="checkbox"/>
Mask	Eyes protection such as masks are necessary since there are lots of dust.	Unavailable	Some available	○	<input type="checkbox"/>
Towel	Muffler type is useful as it will also be thermal by wrapping your neck.	Unavailable	Some available	○	<input type="checkbox"/>
Wet tissue	Use a sheet to wipe sweat because there is no shower in Mt.Fuji.	Unavailable	Some available	△	<input type="checkbox"/>
Toilet paper	Some toilet may not have the toilet paper.	Unavailable	Toilet charged	○	<input type="checkbox"/>
Plastic bag	Bring garbage bag size and convenience bag size.	Unavailable	Unavailable	○	<input type="checkbox"/>
Disposable heat pack	The night at the summit is the same temperature as winter in Tokyo.	Unavailable	Some available	△	<input type="checkbox"/>
Earplug	If you stay at a hut, you should take it for sleep.	Unavailable	Unavailable	○	<input type="checkbox"/>
Money	Overall the price is high, and it also costs hundreds of yen for the toilet.	Unavailable	Unavailable	○	<input type="checkbox"/>
Watch	Check the time of sunrise. It is around 4:30 to 5:00 from July to August.	Rental	Unavailable	○	<input type="checkbox"/>
<b>Equipment to enjoy climbing</b>					
Camella	Keep in the breast and warm up the camera, the battery lasts longer.	Unavailable	Unavailable	△	<input type="checkbox"/>
Radio	Get information of mountain and weather and have fun climbing!	Unavailable	Unavailable	△	<input type="checkbox"/>
Small burner	To have a cup noodle or coffee at the top. Do not forget the fuel.	Rental · Sale	Unavailable	△	<input type="checkbox"/>
Cup noodle / Coffee etc..	You can also buy. About 500 yen including hot water.	Unavailable	Available	△	<input type="checkbox"/>
Altimeter	It is interesting to see the current altitude when climbing.	Rental · Sale	Unavailable	△	<input type="checkbox"/>
Binoculars	Not only view, but also the starry sky at night is beautiful.	Rental	Unavailable	△	<input type="checkbox"/>

Necessity	Absolutely necessary	: ◎
	Should take it if possible	: ○
	Better to take it for enjoying	: △

Outdoor gear rental Soranoshita : <http://www.soranoshita.net/>

Outdoor gear shop SORA no SHITA Kawaguchiko : <http://www.soranoshita.net/kawaguchiko/>

