# 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 |
|---|---|
| | |
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| | |

| Name | DOB / Age | Gender / Blood Type | Address in Japan | Rainwear color / Backpack color | Emergency Contact / Name, Phone number and address |
|---|---|---|---|---|---|
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【Belongings and Equipment Checklist】

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

[Clothes]

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

[Others]

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

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