

Five rules to follow to enjoy mountain climbing safely.

1 Submit a mountain expedition plan.

Make safe plan.

Inform your family, company, and the police



2 Essential items to bring.

Rainwear, Headlamp

Cell phone, Map (map application)

Sufficient food, Portable battery



3 Cancel the activity if the weather or physical condition is poor.

Take water and nutrients often.

4 Leave early and arrive early.

Do not carry out activities at night.

Leave early in the morning and arrive at the destination in the early afternoon.



5 If you get lost, return to a point you know.

If you cannot return, stay in place and call the police.



The expedition plan can also be submitted via applications. For example, "Compass", "Yamareco", and "YAMAP", etc.



Mountain search and rescue team of Shizuoka Prefectural Police