

Mt. Fuji Climb Checklist

- **Base Layers:** Insulating thermal underwear for both top and bottom, made from moisture-wicking materials (not cotton).
- **Heavy Insulating Layer:** Fleece, Wool Jacket
- **Rain Jacket & Pants:** made of waterproof/breathable (Gore-tex) fabric
- **Backpack:** A minimum of 25L pack. A hip strap is recommended.
- **Backpack rain cover**
- **Footwear:** Waterproof ankle protecting hiking shoes
- **Good Socks:** either wool or synthetic. If your shoes are new then use liner socks
- **Gloves:** made of fleece
- **Warm Hat:** Use a warm fleece/wool beanie
- **2 Large Garbage Bags Or Dry Bags:** To protect your dry clothes from getting wet.
- **Sunscreen:** The sun during the summer can be harsh, especially during your descent.
- **Headlamp:** For those climbing Mt. Fuji in an attempt to watch the sunrise from the summit. Be sure to bring extra batteries.
- **Sunglasses**
- **Gaiters:** To keep pebbles and rocks from getting into your shoes
- **Face Mask:** To protect your mouth, and nose from the dust
- **Water:** At least 1-2 lt per climber to start off with. You can buy more along the way, should you need it.
- **Snacks:** Chocolates, fruits, crackers, candy bars, trail mix, chips, cookies, energy bars. Basically anything that's easy to eat.
- **¥100 Coins For Restroom:** Restroom facilities cost ¥200 per use.
- **Camera**