

FMG 1-Day Mt. Fuji Tour Equipment List

There is a direct correlation between your quality of equipment and your quality of experience. If you want a great experience, get the great gear. If you go for shabby gear, you risk a shabby experience. At FMG, we want to provide you with the best and safest experience possible on your pursuit of Mt. Fuji. Because having the proper gear for this expedition can make the difference between a miserable memory and a good one it is important that you take a close look at the list below.

The list has been split into two categories *Mandatory* and *Recommended*. Fuji Mountain Guides requires everyone to bring the equipment listed under *mandatory* and advise people to strongly consider the *recommended*. Just for good measure we have indicated a “*MUST*” next to the description of each mandatory item.

Mandatory

MUST: BACKPACK (25L backpack available for rental ¥1,500)

A minimum of 25L or 1,500 cubic inch pack is the average recommended size for this climb. A hip strap is recommended for added comfort.

MUST: OUTER LIGHT LAYERS

- T-shirt: Also needs to be made from quick-drying, durable materials such as nylon or athletic (i.e. running/soccer shirt) material. NEVER use cotton.
- Pants/trousers: These need to be made of quick-drying, durable materials such as nylon or athletic material. NEVER use jeans or any kind of cotton.

MUST: HEAVY INSULATING LAYER

This will keep you warm! Remember that the temperature at the summit will at times, be below zero degrees celsius. This insulating layer needs to provide that ability. Usually a fleece or wool upper body garment, i.e. a fleece jacket will do the trick. Remember this item needs to have the ability to be layered over your base layer top and under your shell jacket.

MUST: SHELL JACKET (Available for rental shell jacket/pants for ¥2000)

You will need a jacket made of rain/wind resistant material with an attached hood. Ideally this jacket is waterproof/breathable (Gore-tex) fabric. Second best would be a simple plastic rain jacket that can be found at stores in Japan for 500yen.

MUST: SHELL PANTS (Available for rental shell jacket/pants for ¥2000)

Pants made of rain/wind resistant material will be needed for the climb. For maximum comfort and an enjoyable experience, these pants should be made of waterproof/breathable fabric. Second best are simple plastic rain pants that can be bought in Japan for 500 yen.

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Summary

-Upper body: Athletic T-shirt - Fleece garment - Outer shell

-Lower body: Athletic Pants - Shell Pants

MUST: FOOTWEAR

Ideal: Waterproof ankle supporting hiking boots. These will stabilize your ankle and keep your feet dry in the cold rain. The other less ideal option is comfortable ankle supporting athletic shoes. Be sure to **APPLY WATERPROOFING SPRAY** to your shoes prior to your climb. Be aware that if your athletic shoes get wet and the weather is inclement, you may be forced to stay in a mountain hut until favorable weather due to the risk of frost-bite. This is the risk you take by using athletic shoes instead of waterproof boots.

MUST: GOOD SOCKS

You will want one or two changes of socks, either wool or synthetic, but **NEVER** cotton. Use liner socks (a thin silky sock that minimizes friction between your sock and your foot) if you have not had time to break in your boots or if you are prone to blisters.

MUST: GLOVES

These keep your fingers warm in freezing temperatures and high winds. Fleece is ideal because it is insulating even when wet.

MUST: WARM HAT (Available for rental ¥500)

It is a known fact that 70% of your body heat escapes through your head. So put a plug on it. Use a warm fleece/wool beanie to keep your head warm in the cold. This will also help regulate your body temperature.

MUST: SUNSCREEN

UV rays are exponentially more potent in higher elevations. It is not uncommon to get burned even in cloudy weather. Bring one tube of SPF 15 or higher.

MUST: HEADLAMP / SMALL FLASHLIGHT (Available for rental ¥1,000)

In some cases we will be hiking down the mountain in the dark, depending on our pace and the month in which we are climbing.

MUST: SUNGLASSES (Available for rental ¥500)

It can get very bright on the mountain, these will prevent your eyes from getting sunburned (it does happen). Sunglasses will also protect your eyes from the dusty paths encountered, especially on the descent. It is recommended that you bring polarized sunglasses which are made specifically to protect your eyes in high altitude environments.

MUST: 2 LARGE GARBAGE BAGS or Dry Bags (dry bags available for rental ¥500)

When it rains, you want to be prepared. Placing all of your clothing inside of a dry bag will waterproof everything inside the bag. In the event of rain, you will be happy knowing that your warm clothing will still be dry for when it is needed towards the summit.

MUST: 1 LARGE ZIP-LOCK BAG

Please use this as your personal trash bag.

MUST: SNACKS / MEAL MONEY

FMG will provide 1 meal on the tour (Dinner at the hot springs resort). You will need to bring snacks and money for 1 lunch as well as to buy water if needed (we recommend bringing between ¥3,000-¥5,000 JPY). We suggest bringing crackers, candy bars, jerky, chips, cookies, trail mix, fruits, energy bars, and hard candies. Drink mixes such as Pokari Sweat and Aquarius help flavor your water. Add peanut butter, cream cheese, hard cheese, or pepperoni for additional calories and taste. If you enjoy bread items, bagels work well. Include some salty snacks to replenish lost salts.

TOWEL & SWIM SUIT

We will be stopping by a hot springs after our descent. There is a co-ed section in this facility which requires everyone to wear a swim suit. Please note that the gender separate sections where you will wash your body, require that you be naked (no swimsuits are allowed to be worn in this section). You will also need a towel for drying off once done bathing. These items may be left in the FMG vehicle during the climb, thus you won't have to lug anything unnecessary up the mountain.

Recommended

INSURANCE DOCUMENTATION

Due to the inherent risk involved in alpine pursuits, and in the interest of your safety, FMG strongly recommends that all participants purchase travelers insurance that provides full medical and emergency evacuation coverage in Japan (see the bottom of list for more information).

BASE LAYERS

Insulating thermal underwear for both top and bottom. These should be made from wicking materials (draws moisture/sweat away from the body) and should NEVER be made of cotton. Probably not necessary during the months of July and August but you should check to see what the temperature is expected to be on Mt. Fuji before climbing without these.

INSULATED PARKA

A lightweight down jacket is most ideal. If climbing during July/August this probably won't be necessary, except for those who get cold very easily. **Snowboarding/ski jackets are not recommended as they tend to be too bulky and will take up a lot of space in your backpack.**

HIKING POLES (Available for rental ¥1,500 for 2)

Having a pair of hiking poles plays a major role in reducing stress to your knees and back. Hiking poles are great for helping keep your balance, which in turn leads to less energy consumed when climbing and descending. Mt. Fuji wooden poles can be bought at the 5th station and are good as souvenirs, but they are not the best for climbing. Blisters on the hand are a common aftereffect from using Mt. Fuji's wooden poles.

GAITERS (Available for rental ¥1,000)

Small ankle-length gaiters big enough to cover the area from the top of your boot to the area above your ankle. These will keep pebbles and rocks from entering your boots. This is not a "must" because duct tape makes a suitable substitute for gaiters on the mountain.

BACKPACK RAIN COVER (Available for rental ¥500)

Most backpacks are not waterproof and mountain weather is extremely unpredictable. With a rain cover handy for your backpack, you can continue climbing with the reassurance that your clothes and other valuables will stay dry! Bringing along extra clothes, only for them to get wet, won't do you any good!

SHORTS and T-SHIRT

Nice for hiking on warm days, especially during the months July-August.

2 or 3 1L WATER BOTTLES

You have two options; pack water in with you or buy it at a mountain hut as you go up. If you choose the latter option, remember that the cost of water on Mt. Fuji is 500 yen per 500ml (half liter). Usually 2-3 liters is sufficient for the climb.

SPENDING MONEY

Before climbing Mt. Fuji, many people buy Fuji climbing sticks as a souvenir. These sticks can be branded at each station along the way for ¥200 per branding (branding available only July-August). Mt. Fuji is also riddled with all kinds of little souvenir shops. We recommend bringing about JPY5,000-10,000 for gifts and keep sakes.

TOILET ARTICLES

Glasses/contacts, and a few hand/sanitary wipes. There are pit-toilets on Mt. Fuji with toilet paper provided; they cost 200JPY per use.

BALL CAP

A lightweight ball cap, bandana or sun hat for hot days.

Provided

First Aid

Every guide on your climb will carry rescue equipment and a first aid kit. Cell phones will be carried for emergency contact.

Rentals

RENT GEAR FROM US...it'll save you the trouble

When you book your tour online, you will have the option of renting various items from FMG. Renting means that you won't have to haul all of your outdoor gear through airports and train stations. When you meet your FMG guide he will present your gear to you--when the trip is over, you give it back and never have to think about it again, Its that easy.

Items available for rental, along with their respective prices, are noted in the above equipment list.

Buying Gear in Japan

[Montbell Outdoor Gear](#) is a trusted Japanese brand recommended for any outdoor pursuit in Japan. They have stores all around the greater Tokyo including Shibuya, Yokohama, central Tokyo, Chiba, and Saitama.

To find a Montbell store near you click here: [Store Finder](#)

Medical and Emergency Evacuation Insurance

Due to the inherent risk involved in alpine pursuits, and in the interest of your safety, FMG strongly recommends that all participants purchase travelers insurance that provides full medical and emergency evacuation coverage in Japan. Fuji Mountain Guides will NOT provide insurance for participants in any FMG tour. If a medical emergency should occur during any Fuji Mountain Guides tour, the injured party will be responsible for all financial expenses including but not limited to medical and legal expenses as well as all transportation, evacuation, and extradition expenses. Below are a list of Travelers Insurance companies listed by the nationality they cater to. Information on travelers insurance can be found by clicking on the following links:

For US residents click [US insurance](#)

For UK residents click [UK insurance](#)

For Canadian residents click [Canadian insurance](#)

For Australian residents click [Australian insurance](#)

For New Zealand residents click [New Zealand insurance](#)