

## Mount Fuji Guided Tour – Confirmation and Consent Form

Thank you for booking JAMJAM Tour guided Mount Fuji climbing tour. To ensure your climb to Japan's highest peak is safe and creates wonderful memories, we ask that you review and agree to the following terms:

### 【Important Information for Participants】

- **About the Itinerary:** Participants from each course will gather at the Fifth Station and form climbing parties to begin the ascent. A guide will accompany and assist you from the Fifth Station to the summit; however, for safety reasons, the descent may be conducted as a self-paced descent, during which you will descend at your own pace while the guide monitors the group.
- After you come down from the mountain, please be sure to sign the “Descent Register : 下山者名簿” posted at Unjōkaku (雲上閣) at the 5th station.
- **About Safety Management and Guide’s Discretion:** Activities in natural environments involve unexpected weather changes and risks. Our guides prioritize the safety of all participants and will assess the situation accordingly. If the guide determines that continuing would be unsafe due to severe weather, insufficient equipment, or extreme fatigue, you may be asked to leave the tour at the guide’s discretion. In such cases, we will ask you to sign a “Withdrawal Agreement.”
- **About Payment of Fees:** If you sign the ‘Agreement to Leave the Group’ or stay at an unplanned mountain hut, you will be responsible for the actual costs incurred. Please note that if you are unable to return to the meeting point by the designated time after descending, you will be responsible for any subsequent transportation costs. Please be advised that we cannot refund the tour fee for these reasons. Our mountain guides will do their utmost to ensure that all participants descend safely. We appreciate your understanding and cooperation to help ensure the smooth operation of the tour.

---

### ◆ Signature Field◆

I have confirmed that I am in suitable physical condition and made all necessary preparations for the climb before participating in this tour. Given the nature of mountain climbing, I understand the risks associated with the natural environment and agree to take full responsibility for my own actions in the event of an accident or illness, except in cases where the organizer has breached their duty of care.

[Month]                      [Day],                      2026

Signature \_\_\_\_\_

# Advice from a Mount Fuji Guide

## Equipment and Clothing Checklist

### 【Clothing & Footwear】

- **Layering** : Choose fabrics made from quick-drying synthetic fibers (such as polyester). Cotton and denim are not suitable (they draw heat away from your body when wet and become very heavy)
- **Trekking pants** : Comfortable, quick-drying pants that allow ease of movement.
- **Rainwear** : Separate jacket and pants made from breathable, waterproof fabric (e.g., Gore-Tex). Also essential as a windbreaker. ※No entry without this equipment.
- **Hiking boots** : Please check carefully beforehand to make sure the sole isn't about to come loose. ※No entry without this equipment.
- **Winter clothing** : Down jackets and fleece. Even in summer, the summit can be as cold as the dead of winter (1–2° C). ※No entry without this equipment.

**Do not climb Mount Fuji in light clothing. Wear proper hiking clothes and bring necessary equipment. You may not be allowed to enter, or you may need to buy gear on-site.**

### 【Accessories & Personal Items】

- **Headlights** : Don't forget to test the batteries and bring spares. You can't rely on your smartphone flashlight because it occupies one of your hands.
- **JAMJAM Bandana** : Please tie it the same way as shown in the photo.
- **Backpack cover** : Essential gear to keep your belongings dry.
- **Water (about 1 L)** : Not too heavy, but enough to prevent dehydration. Plan to refill at mountain huts.
- **Cash (Important)** :
  - For restroom tips (bring plenty of 100-yen coins)
  - Cash for emergency lodging and food in case of early descent (around ¥15,000–20,000 recommended).※You can't expect to use cashless payments up in the mountains.



### 🏥 Health Check

- **Check for pre-existing conditions** : If you have high blood pressure, diabetes, or heart disease, being at high altitude can increase your risk.
- **Joint and muscle discomfort** : Going downhill puts more strain on your knees and lower back than going uphill. If you feel even a little pain before you start the hike, don't push yourself and tell us.
- **Signs of altitude sickness** : If you have a headache, nausea, or feel very tired, your body is telling you to stop going higher.

### ⚠️ Tips for Hiking

- **Rules and Manners** : Hiking in a group requires consideration for others to stay safe.
- **Courage to Retreat** : If the weather changes suddenly (lightning, strong wind, heavy rain), always follow the guide or mountain hut staff. Trying to continue can be very dangerous.

### 💡 Additional advice

1. **Sunscreen and sunglasses** : At high altitudes, UV radiation is very strong and can seriously damage your skin and eyes.
2. **Snacks for the Trail** : Bring items like chocolate, candy, or energy gels that you can eat while

walking to maintain your energy.

3. **Garbage bags** : There are no trash cans on the mountains. Please take all your trash home with you.

If you have any concerns about your preparations, please feel free to ask the JAM JAM staff at the 5th Station or your guide. We hope you have a safe and wonderful climb!