

PACKING LIST

EXPERT TIP

Gear recommendations are based on our trip programmers' extensive outdoor knowledge and personal experience on hundreds of Fuji trips. Failure to bring appropriate gear can not only suck the fun factor out of any trip—it could endanger yourself and others.

MT. FUJI PACKING LIST

- ▶ Sturdy mid/high-cut hiking boots (required)
- ▶ Rain jacket and pants (required)
- ▶ Headlamp (required on overnight. Highly recommended just-in-case item for day trip)
- ▶ Gaiters
- ▶ 20-30 L pack
- ▶ Trekking poles
- ▶ Clothing Layers:
 - ▶ **Non-cotton (NO jeans), synthetic/wool materials only**
 - ▶ Base layer that wicks away perspiration
 - ▶ Mid layer that insulates from cold
 - ▶ Head: hat with visor / insulating beanie
 - ▶ Face: Bandana/dust mask
 - ▶ Hands: insulating gloves
 - ▶ Feet: well-fitting socks
 - ▶ **Extra clothes and shoes to change into**
 - ▶ Bus driver will not allow dirty equipment on bus.
- ▶ Water (1+ liter). Can also purchase more at mountain huts to reduce pack weight.
- ▶ Food: Ample light, nutritious snacks.
- ▶ Sunglasses
- ▶ Sunscreen
- ▶ First aid items
 - ▶ Necessary personal medications
 - ▶ Pain reliever (e.g. ibuprofen, aspirin)
- ▶ Plastic bags for trash
- ▶ Ziploc/waterproof bags to keep items dry
- ▶ Small towel/wipes/toilet paper
- ▶ Cell Phone
- ▶ Yen (Minimum ¥10,000. Recommend ¥30,000)
 - ▶ Extra food and drinks
 - ▶ Just-in-case bus/train fare (¥7,000)
 - ▶ Restrooms (¥300 per use)
 - ▶ Fuji stick (¥1,500)
 - ▶ All stamps (¥5,000)



Wicking Base Layer



Pants



Athletic Shorts



Hat w/cord



Sunglasses



Sunblock



Non-cotton Socks



Gloves



Hiking Boots



Sandals



OK on bus only



Rain Jacket



Rain Pants



Insulating Top



Fleece/Wool/Synth.



Canvas/Cotton



Headlamp



Gaiters



Trekking Poles



20-30 L Pack w/hipbelt



Waterproof Bag
Trash Bag



Wipes/Tissues



Bandana



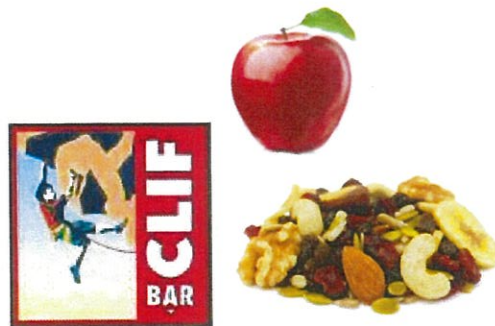
First Aid Items



Water 1+ Liter



Snacks



Yen

