



## To Climbers

### Make a Flexible Plan

- ◇ You choose a mountain and course fitted with your physical strength, experiences and skills.
- ◇ You make a flexible plan (Schedule might be delayed because of troubles).



### Please refrain from climbing solely

- ◇ It could cause serious accidents when you cannot work with someone for small accidents.

### Make Your Belongings Light

- ◇ Please keep your physical strength by making your belongings lighter for staying a mountain hut.
- ◇ Do not cut down essential equipment. (rainwear, emergency foods, head lamp, etc.)



### Be careful of weather forecast

- ◇ The weather is apparently going to be worth, please descend the mountain.

### Ensure Communications Means

- ◇ Wireless device and smart phone are useful, too. (Ensure backup battery and keep batteries warm in cold seasons)

### Inform Your Family

- ◇ Make sure you share your plan with your family.



### Get Insurance

- ◇ In case of the accidents, it requires a lot of money for search and rescue. Make sure you get a climbing insurance.

# In Case You Get Lost

## **Calm down at first.**

### **If you get lost**

- ◇ You turn back to where you were if you can.
- ◇ If you do not know where you were, ascend to a vantage point such as mountain ridge as much as possible.
- ◇ Do not walk around at night, and you do bivouac as soon as possible.



### **If you can not move anymore by injury or sickness.**

- ◇ Please provide first aid and wait until a rescue team arrives. (If we get report from someone like family, rescue teams or helicopter is going to the rescue.)



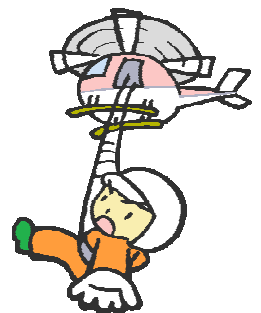
## When Get Called from Helicopter or Rescue Teams

### **Give off Smoke**

- ◇ Please give off smoke with lighter, match, portable stove, etc.
- ◇ Carrying the smoke candle on car is one of the measures for ignition.

### **Emit light**

- ◇ We more easily find you from helicopter if you emit reflected light by mirror and so on.



### **Wave Something**

- ◇ Please tight towel, handkerchief, shirt and wave it in order to be easily found

### **Make a Sound**

- ◇ By blowing a whistle, hitting something, turning on and increasing radio volume, shouting out loudly, please responding to the call from rescue teams on the ground.