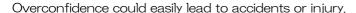
Notification for Mountain Climbers

From Saijo Police Station

The weather is different between lower and higher altitudes in mountain areas!

- De cauions! There is snow, snowy gorges and ice in mountain areas and trails.
- ♦ The higher altitude is, the lower temperature is.
- ◆ Do not underestimate or think that climbing Mt. Ishizuchi is easy. Mt ishizuchi is the highest Mountain in Western Japan.





Please prepare proper gear for your hike and have a plan and tell family or friends about your schedule for climbing Mt.ishizuchi!

- ♦ Allow yourself plenty of time to complete your trip.
- ♦ Check that you have all necessary equipment carefully.
- Wear proper shoes and clothes. Wearing thin clothing can be dangerous.
 Carry Radio and your cell phone with you.
- ♦ Even in summer, you must befully equipment (like Crampons for shoes).



It is dangerous to climb alone!

- ♦ The possibility of injury or death is greatly increased when climbing alone.
- Climb in groups and always travels with an "Expert".
- ♦ Accidents can happen to anyone. Accidents can happen to anyone. Even if you are an "Expert" do not be over confident.

Don't overdo it! Please climb to match your physical abilities!

- ♦ Don't overestimate your skills. Climb at your level of skill, ability and experience.
- Climb in groups and follow your "Expert" climbing leaders directions.
- ♦ (Always) Research the mountain and the terrain you will climb. Before climbing, do physical training to build up stamina.



Check before hand and pay attention to the Weather!

- ♦ Mountain weather is expected the day of your climb, you must discontinue your climb.
- ♦ If bad weather is expected, you must postpone your climb.
- Even if you have travelled from afar and you thought climbing cost wasted, it is necessary to give up your climbing.

File your mountain climbing report!

- ♦ Let others know you are climbing Mt.ishizuchi.
- \lozenge When you meet to the distress, your climbing report is helpful to rescue you.

