

# Climbers from Saijo Police Station

~Don't underestimate the highest peak in western Japan~



## It is dangerous to climb alone or climb without knowledge!

- ◇ The possibility of injury or death is greatly increased when climbing alone.
- ◇ Climb in groups and always travels with an "Expert".
- ◇ Climbing has a risk of accidents. Before climbing, it is necessary to learn knowledge from experts by registration Mountain Federation to avoid accidents.
- ◇ Accidents can happen to anyone. Even if you are an "Expert" do not be over confident.

## Please prepare proper gear for your hike and enough time to climb!

- ◇ Allow yourself plenty of time to complete to complete your trip.
- ◇ Wear proper shoes and clothes. Carry Radio, your cell phone and so on with you.
- ◇ Check that you have all necessary equipment carefully.

## Incidents tend to happen during climbing down!

- ◇ Pay attention around you widely, not only around your feet to avoid loss.
- ◇ Beyond your expectation, you could get injured by stump loose rock, branch extend longwise and so. Walk carefully.
- ◇ Last year, the accidents caused by climbing down in the dark happens. Prepare light and plenty of time.
- ◇ On the mountain, there is no sight without light. Additionally, the paved trail. Have a courage to give up to keep climbing.



## Climb according to your skill!

- ◇ Research and train yourself for an destination.
- ◇ Climb according to you and your members' skill, experience and stamina.
- ◇ Climbers must climb with responsibility, therefore it's necessary to set up a reasonable plan that best fits with the climber's skills.
- ◇ Caution the time range incidents often happens (At 1pm, accidents tend to happen.).



## Check beforehand 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 far 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 before and after climbing down.



### Submission

- Family, the staff of the workplace
- Ehime Prefectural Police Headquarters
- Saijo Police Station, Police Boxes
- Trailhead post Ropeway landing, and so on