



WHAT TO BRING ON YOUR **HIKE + BIKE JAPAN** ADVENTURE

ULTIMATE MT. FUJI • SEA TO SUMMIT ON THE ANCIENT MURAYAMA TRAIL

This is currently the longest and most-demanding tour we operate, combining extreme distances, elevation gain and temperature swings. We will likely experience uncomfortably hot mid-summer temperatures and humidity on day one as we begin our journey at sea level, only to encounter mid-winter like conditions as we approach the 3,776m (12,388 ft.) summit on day two. More than any other trip we offer, it is imperative to come prepared with the right gear and clothing for this adventure, and likewise to eliminate any extra weight and bulk by leaving those items behind that are not completely necessary for your safety or comfort. This guide is a good starting point to help you plan, pack and prepare - but feel free to contact us with any general questions or detailed inquiries about specific items! Your safety and comfort is our priority, and we take our job seriously.

REQUIRED GEAR

Headlamp w/ fresh batteries	We will begin day two in pre-dawn darkness, walking up to four hours before the sunrise, so a good, bright headlamp is a necessity for safe navigation on the trails.
Spare set of batteries for headlamp	It is always good practice to carry an extra set of batteries when you plan on using your headlamp for an extended period.
Rainwear (jacket and pants)	Fully waterproof, full-body rainwear is essential. Even if the forecast is good at lower elevations, anything can happen on the mountain. Cheap throwaway ponchos should be avoided.
Warm hat	A warm (knit) hat and gloves, to wear at higher elevations & during breaks are required, even if you are using a jacket that has a hood and pockets. Don't underestimate the cold.
Warm gloves	
Down jacket (or warm synthetic jacket)	Temps can easily be below freezing at higher elevations on Mt. Fuji, so a high-quality insulating layer is an absolute must.
Insulated mid-layer (fleece or sweater)	As we climb higher and higher, you will likely want to add another layer for on the move, over your t-shirt or long-sleeve shirt base layer. A simple fleece or sweater will do the trick.
Backpack	Something in the neighborhood of 25 to 40 liters should be plenty enough space to pack all that you need for this trip.
Crampons*	For those who will be joining in June , we should expect to encounter snow on the final steep climb up to the crater and onwards to the actual summit. Having a pair of crampons and the aid of trekking poles will greatly aid your balance and grip when climbing and descending. However, the amount of snow varies widely from year-to-year and week-to-week, so we will contact you in regard to the current snow conditions and necessity of these items one week prior to your scheduled tour.
Trekking poles*	
Trail running shoes	Most of the total distance covered on day one is on asphalt, while the vast majority of day two is on trails spanning the spectrum from loose dirt to large volcanic rocks. Carrying an extra pair of shoes is impractical, and hiking boots are too hot and heavy for this trip. Trail running shoes offer the perfect versatility to get you comfortably and safely all the way from the ocean to the summit of Japan's tallest mountain.
Sunglasses	A must-have for every trip to the mountains, this one included.

Trekking pants	You may choose to start off from the ocean in shorts, but you will need to have a pair of pants as we steadily gain elevation on day two. You absolutely will not want to be wearing shorts on the summit of Mt. Fuji in June or September, trust us. Convertible pants that zip into shorts are the ideal solution for those who happen to have a pair of them.
An extra pair of socks	Hot spots form more easily when feet are wet from sweat or caked in dirt from the trail. On a hike of this distance, having an extra pair of clean, dry socks on hand could be the difference between happy feet and painful blisters.
Sunscreen	We'll be spending a lot of time outside in direct sunlight, and the effects of sun exposure are more pronounced at altitude so applying sunscreen to exposed skin periodically is advised.
RECOMMENDED GEAR	
Neck warmer (or BUFF)	Something to cover/keep the neck warm could come in handy if the temps are low and the winds are whipping at the summit.
Camera (or cell phone)	We will be sure to take photos and videos throughout the hike and share them with you at the end, but you'll probably want to record the adventure directly with your own camera as well.
Mobile battery	If you are using a cell phone to take photos or log GPX, you'll want to have a way to top off your battery on the go.
Cell phone charging cable	
Baseball cap (or sun hat)	A hat to wear while walking, to shade your eyes and face from the sun, as well as to trap sweat is highly recommended.
Disposable hand warmers	For those who have poor circulation or otherwise get cold easily, having a few small, disposable heat packs to use if needed can be a good idea.
Body Glide (or similar lubricant)	A lubricating cream such as Body Glide, Squirrel's Nut Butter or good old-fashioned Vaseline can be useful to prevent painful blisters and chafing on long efforts such as this one.
Gaiters	These are most often used in wet or snowy conditions to prevent snow and rain from entering the shoes, but could be even more useful on this trip to prevent loose dirt and small rocks from doing the same on the upper parts of Mt. Fuji.
FOOD & DRINKS	
Food	We'll be able to stop once or twice on day one at convenience stores along the route in order to buy snacks if necessary. We are also scheduled to have lunch at a soba shop, so we won't require as much trail food on our day one walk. However, there is nowhere to buy snacks or drinks on day two once we leave our cabin, so all food for the second day must be purchased before the start of the trip, or at either of the convenience store stops on day one. The foods you choose to bring with you are largely a matter of personal preference, but calorie dense (high-calorie/low-weight) foods provide the most bang for your buck. While you may avoid eating junk foods like chocolate and potato chips in your daily life, they make surprisingly good trail food. Personally, we aim to bring foods that have between 4 to 5 calories per gram for the bulk of our snacks.
Drinks	On day one we can resupply with drinks at vending machines and convenience stores, but again, on day two there will be no such options. To compensate for this, we will drop a supply of water at the 6th station ahead of time. We recommend carrying between 1.5 and 2L of your drink of choice for the 5km (+1,300m) stretch of trail up to the 6th station.