



JAPAN: MT. FUJI

Packing List

Mandatory Items

1 daypack/backpack: Minimum gear capacity of 1,800-2,500 cubic in. (30-45 L). Must have a waist belt and outside pockets to hold (2) 1-liter Nalgene water bottles. Backpack will hold your clothing layers, hat, gloves, snacks, 2 water bottles, gaiters, waterproof jacket and pants, headlamp, passport and money at all times.

Small roller suitcase or duffle: This will hold your street clothes and other personal items not needed on the mountain. This suitcase will be left at the hotel in a secure location while you are on the mountain.

1 pair of trekking poles: Adjustable shaft recommended. No folding poles.

2 (1-Liter) Nalgene water bottles (Hydration bladders are NOT RECOMMENDED)

Mandatory Items for Feet:

- 1 pair waterproof hiking boots
- 1 pair of medium to heavyweight hiking socks, preferably wool that fit the boot listed above
- 2 pairs of lightweight hiking socks, preferably wool that fit the boot listed above

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Mandatory Items for Legs:

- 1 windproof/waterproof rain pants. Make sure they will fit over your hiking boots or have a full length zipper on the side of each leg for easy on and off and ventilation
- 1 pair of heavyweight pants, ski pants or down pants
- 1 pair of long hiking pants for the trail
- 1 pair of hiking shorts for the trail
- 1 pair of thermal underwear (polypropylene, polyester or silk)
- 1 pair of gaiters for inclement weather

Mandatory Items for Torso:

- 1 windproof/waterproof rain jacket
- 1 medium to heavyweight down jacket
- 1 mediumweight long sleeve shirt (polypropylene, polyester or silk)
- 1 long sleeve non-cotton t-shirt
- 2 short sleeve non-cotton t-shirts

Mandatory Items for Head:

- 1 warm beanie cap
- 1 wide-brimmed hat or visor
- 1 headlamp with batteries
- 1 pair of sunglasses, side protection recommended

Mandatory Items for Hands:

- 1 pair of warm mittens or gloves
- 1 pair of glove liners or lightweight gloves

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Additional Important Items to Bring:

- \$300 USD per person in tips for hotel staff, drivers and guides. Bills need to be in small denominations with no tears or marks and circulation of 2012 or later.
- International clients need to check visa requirements for the country stated on their passport.
- Adapter for Japan
- Sunscreen
- 1 lip balm with sunscreen
- 1 small personal first aid kit. Include personal medications to assist with altitude sickness, digestive problems, headaches, soreness or other personal health issues that may be of concern. High altitude conditions can cause headaches and fatigue. K2AT cannot administer these medications; it is your responsibility to bring your own. Refer to the K2AT General Information document for recommend medications for the climb.
- Electrolytes (2-3 servings per day)
- Gu or other energy gels
- Daily snacks (2 per day is sufficient)
- 3 compression sacks to organize and compact your mountain clothes
- 1 travel pack of baby wipes for personal hygiene
- 1 pack of tissues or 1 travel roll of toilet paper
- 5 medium Ziploc (plastic) bags
- 1 spare pack of batteries for headlamp
- 3 ft. (1 m) of Duct tape. Wrap around your trekking poles
- 1 small container of hand sanitizer gel

Optional Items to Bring:

- Portable power source for charging cell phone
- 1 buff or scarf for dust
- 1 small camping/sleeping pillow
- 1 pack of hand/foot warmers
- 1 set of earplugs for sleeping
- 1 Journal and pen/pencil
- Paperback book
- Camera
- Music
- 1 pocket knife or multi tool
- Bathing suit for hotel

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Important:

- International clients need to check the visa requirements for the country stated on their passport
- Label all luggage with name and address
- Lock all luggage with TSA approved locks
- Check with your international airline for specific baggage restrictions and if there is a charge for checked baggage. Most international airlines accept 2 checked bags with a 50lb (22.5kg) weight restriction. Baggage fees vary by airline.
- Label the 2 Nalgene water bottles with your name
- Use your backpack as your carryon bag for your flight. Keep all medications inside the backpack and wear or carry your hiking boots.

Resources:

www.blackdiamondequipment.com
www.sierratradingpost.com
www.rei.com
www.backcountry.com
www.moosejaw.com
www.northface.com
www.mountainhardwear.com
www.marmot.com
www.leki.com

We look forward to traveling with you!

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