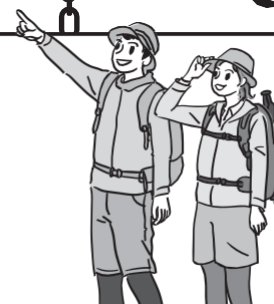


Please be sure  
to read the  
following

## For All Participants in the Hiking Tour



ウォーキングから登山まで

もろく

### Club Tourism offers a variety of "Walking" tours

From beginners looking to overcome a lack of exercise to hiking enthusiasts wanting to enjoy nature throughout the seasons, and even experienced mountaineers, we offer a range of tours that suit different fitness levels. Each tour provides details on walking time, distance, and difficulty, so you can choose a tour that matches your own physical abilities. Make sure to select the tour best suited to you and review the hiking precautions below for a safe and enjoyable experience.

※Note: Walking time refers to the actual time spent walking and is different from the stay time (the time spent at the destination).

## Hiking Attitude

### ●Ensure Good Health and Act Responsibly

Unlike regular sightseeing tours, this is an activity that involves physical exertion. Please make sure to maintain your physical fitness by incorporating walking into your daily routine. Before starting the hike, always check your health condition for the day. If you have any pre-existing conditions or health concerns, consult with a doctor beforehand. During the hike, it is important to constantly monitor any changes in your health. A moment of inattention can have a significant impact on your wellbeing. If you notice anything unusual, immediately inform a tour conductor or staff member nearby. Remember, hiking is a self-responsibility activity, so be sure to manage your health and aim for a safe and enjoyable experience.

### ●Recommended to Enroll in Travel Insurance

There have been reported incidents such as "slipping on a boardwalk and spraining an ankle" or "tripping over tree roots and falling." To prepare for unforeseen circumstances, we highly recommend enrolling in domestic travel insurance.

### ●Be Sure to Provide Emergency Contact Info

Before participating in the hiking tour, inform your family, workplace, or other relevant persons about your participation. In case of any emergency, please ensure you provide a clear emergency contact to our company. (If you've already provided this information previously, there is no need to do so again.)

### ●Take Only Photos, Leave Only Footprints

The delicate alpine plants offer comfort to us after a long hike. Let's wish for these precious flowers and plants to grow freely in their natural habitat. Please capture them in your memory or with your camera, but avoid picking them.

### ●Take Your Trash With You

With increasing awareness of nature conservation, it is crucial to take all trash with you when hiking. While in the mountains and nature, please make sure to bring back any waste and be considerate of both the environment and others when smoking.

## ●Examples of Hiking Clothing

### ●Backpack

Carrying a backpack, rather than a handbag, allows you to keep your hands free, which is essential for safe hiking. A waist pack can also be used if preferred. For packing, place heavier items at the top to keep the center of gravity high, making the load feel lighter.

### ●Shoes

It's important to choose shoes that are slightly larger than your usual size and to wear thick socks. Shoes that are too tight or too loose can cause foot or nail pain, leading to fatigue. Shoes that leave the ankles exposed are good for light walking, but if you're carrying a heavy load or walking for long periods, they can strain your feet. On the other hand, shoes that cover the ankles provide more stability, help prevent sprains, and are safer. Be sure to wear well-worn shoes.

For  
Sunny  
Weather



### ●Hat

A hat is necessary to protect you from the strong sun, rain, and overhead obstacles.

### ●Clothing

To regulate body temperature, layering your upper body is essential. Long-sleeved shirts are recommended to protect against injuries and sunburn. Don't forget to bring warm clothing like fleece for colder conditions. Pants should be stretchy; jeans are not suitable as they do not stretch or dry quickly. Gloves or work gloves are also helpful for warmth and protecting your hands.

### ●Other Items

Walking poles (sticks) are useful for both ascending and descending. Also, a water bottle and snacks are essential for the hike. Be sure to bring them.

### ●Rain Gear (Rainwear)

"Even if the weather forecast is sunny, always bring a raincoat."-This is the basic rule. A jacket and pants set is ideal. Gore-Tex products (which are excellent for waterproofing and allow sweat and moisture to escape) are recommended for comfort. Poncho-style rainwear is not useful in strong wind and rain. An umbrella obstructs your vision, occupies one hand, and can be dangerous. It also makes it difficult to move forward on narrow trails and can obstruct other hikers, so please refrain from using an umbrella while walking.



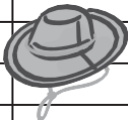



For  
Rainy  
Weather








# Packing Checklist for Hiking



## ● Necessary Items

| Item                        | Advice  | Check   |
|-----------------------------|---|---|
| Backpack                    | For day trips, 20-30L; for overnight trips, about 30L. Look for a model with well-padded shoulder and waist belts.  |  |
| Shoes                       | Trekking shoes that cover the ankle (height up to the ankle) are essential for protecting your feet. Choose a pair that is well-worn. ※Be cautious with old shoes (unused for long periods), as the soles may peel off. Sneakers are not allowed. |    |
| Hat                         | A sunhat with a brim or a warm hat covering the ears, depending on the weather.   |  |
| Rain Gear (Rainwear)        | A separate top and bottom piece is ideal. Gore-Tex material is recommended.   |   |
| Shirt                       | Wool or moisture-wicking fabric for summer, and warm fabrics for winter.  |   |
| Pants                       | Stretchable, quick-drying pants are recommended. Jeans are not suitable.  |   |
| Towel                       | A towel for sweat, face-washing, or bathing. Thin hand towels dry quickly and are handy.  |  |
| Drinking Water              | Staying hydrated is essential. Carry at least 1ℓ of water. A water bottle is recommended.   |  |
| Health Insurance Card Copy  | You will need this if you need to visit a hospital during the trip due to injury or illness.  |   |
| First Aid Kit & Medications | Bandage, tape, disinfectant, pain relief patch, insect bite ointment, personal medications.   |  |
| Other Items                 | "Watch", "Sunscreen" and "Sunglasses" (based on weather conditions).  |   |

## ● Convenient Items to Bring

| Item                          | Advice  | Check   |
|-------------------------------|---|---|
| Backpack Cover                | A rain cover for your backpack. Choose one according to the size of your backpack.  |   |
| Trekking Poles (hiking staff) | Adjustable poles reduce strain on your legs and back, helping with the terrain.   |  |
| Cold Weather Clothing         | Depending on the season and destination, prepare fleece or lightweight inner down jackets. Mornings and evenings at high altitudes can get cold.            |   |
| Scarf (lightweight scarf)     | It keeps you warm and can be worn around your head or neck in cold weather.   |   |
| Underwear                     | Nylon or polyester ones that are moisture-wicking and breathable. Cotton is not suitable.   |   |
| Hiking Socks                  | Thick hiking socks are recommended. It's also a good idea to bring an extra pair.   |   |
| Hiking Gaiters                | These prevent rain, mud, and small stones from getting into your shoes.   |   |
| Spare Shoelaces               | Keep spare laces in case the originals break.   |  |
| Gloves                        | Thin hiking gloves or work gloves are recommended.  |   |
| Change of Clothes             | You may need to change clothes after hiking, especially if they get dirty or wet from rain.   |   |
| Headlamp                      | A must-have for emergencies. Be sure to bring spare batteries.  |  |
| Thick Plastic Bags            | Useful for waterproofing your backpack contents (especially clothing) or for storing trash.   |   |
| Emergency/Trail Snacks        | Snacks that can be eaten during short breaks, such as bread, chocolate, or candy, etc.  |   |
| Map, Guidebook, Compass       | Essential for planning your route and confirming your location. Due to copyright issues, we cannot provide maps for most courses, except in specific cases. |  |
| Toilet Paper                  | Bring a roll with the cardboard center removed for easy packing (for mountain huts, etc.)   |   |
| Folding Umbrella              | Not used during hiking but useful when traveling or during transfers.   |   |
| Portable Ashtray              | Smokers should bring one.   |   |
| Bear Bell                     | Recommended to carry on free (self-guided) hiking tours, especially in bear-prone areas.  |   |

## Hiking Difficulty Levels

| Level             | Elevation Gain    | Walking Time   | Difficulty Image  | <small>※The walking time and elevation gain are approximate estimates. For example, even if these figures fall within the beginner range, the route may be classified as intermediate depending on its difficulty. ※Walking times are based on standard estimates, taking into account maps, guidebooks, information from guides, and records from previous tours. These times may vary significantly due to weather conditions, route conditions, crowd density, and the fitness level and experience of the participants. ※Walking times do not include rest breaks or time spent waiting for others to pass. Actual activity time will include these additional factors. ※Elevation gain refers to the difference in elevation between the highest and lowest points of the route. For traversing courses, the total accumulated elevation gain will be greater than this value.</small> |
|-------------------|-------------------|----------------|---|---|
| Walking           | Almost flat       | Within 5 hours | Paved roads close to flat; sneakers okay  |   |
| Beginner Hike     | Less than 100m    | Within 3 hours | Fairly flat trails; suitable for beginners  |   |
| Intermediate Hike | Between 100m-200m | 2 ~ 5 hours    | Flat trails compared to mountaineering  |   |
| Advanced Hike     | Between 200m-300m | Over 5 hours   | Includes ascents and descents, for experienced hikers; includes light mountaineering trails |   |