

## Wear a climbing helmet



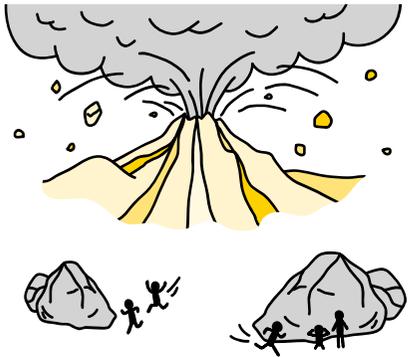
There is always a risk of unforeseen eruptions. Wear a climbing helmet in case of eruptions or rock falls.

## Keep away from hazardous areas



Volcanic gases can be deadly, and tend to accumulate in valleys and low-lying areas. Do not enter restricted zones.

## If an eruption occurs



Evacuate immediately and seek shelter in a safe place. Wear a helmet and quickly cover your mouth with a mask or towel.

## Download the multilingual app



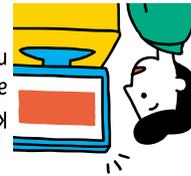
A free phone app overseen by the Japan Tourism Agency is provided in multiple languages.

Pay attention to information provided by JMA and municipal offices

- Alert Level
- Lv.5 Evacuation
  - Lv.4 Evacuation of the elderly, etc
  - Lv.3 Restriction on proximity to the volcano
  - Lv.2 Restriction on proximity to the crater
  - Lv.1 Potential for increased activity



Keep an eye on restricted-area information from local municipalities.



Meakandake ver.



## A Guide to Climbing Volcano

- Kushiro Local Meteorological Observatory, JMA\*
- Abashiri Local Meteorological Observatory, JMA
- Sapporo Regional Headquarters, JMA
- Kushiro City, Hokkaido
- Ashoro Town, Hokkaido

※ Japan Meteorological Agency (JMA)

### In case of accidents and emergencies

- Police Tel. 110
- Ambulances/ Fire Service Tel. 119

### General tourist information

- JNTO Japan Visitor Hotline Tel. 050-3816-2787
- From overseas: +81-50-3816-2787

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November 28, 2008



## Plan flexibly



Weather Forecast



Advisories/Warnings



Change or cancel plans in the event of bad weather.

## Be prepared



Food and drink

Bring ample food and supplies in case of emergency.

## Check the latest weather forecast



Check the forecast before setting out.

## Protect yourself from wind, rain and cold



Wind, rain and cold can combine to cause potentially fatal hypothermia. Take a waterproof coat and warm clothing even in summer.

## Take frequent breaks



Fatigue can creep up on climbers unnoticed. Take frequent breaks and be sure to eat and drink regularly.

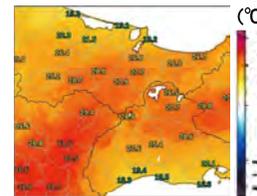
## Always keep an eye on the weather



Weather in mountainous areas is highly changeable. If unfavorable conditions appear imminent, descend or evacuate to a safe place immediately.

## Useful weather information for climbers

- Weather Analysis Map (Temperature etc.)



- High-resolution Precipitation Nowcasts



## In snowy conditions, beware of avalanches, slips and accidents



In snowy conditions, physical strength, appropriate equipment and planning are paramount. This is not a time for inexperienced climbers.

# How To Make a Pocketable Pamphlet

- Print a pamphlet. Borderless and duplex short edge binding is recommended.
- Always front-cover-side up
- ① Fold in half along the dash-dotted line (Mountain fold)
- ② Fold in half (Mountain fold)
- ③ Fold in half and done it!

