

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.

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

Check the volcanic alert level

Volcanic Information for Mountaineers

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

JMA HP

Submit a climbing notification

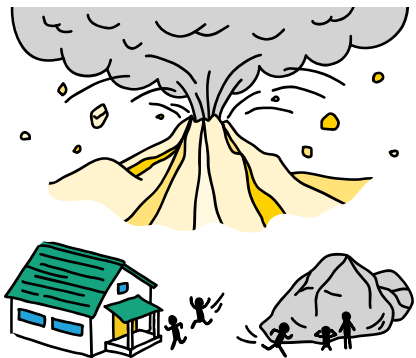
Submit notification of your mountain climbing intentions either in writing or online.

Compass

山行届出

山行届出

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.



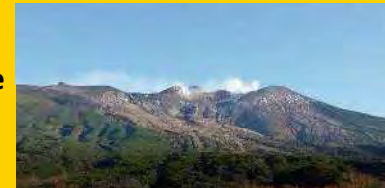
● In case of accidents and emergencies

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

● General tourist information

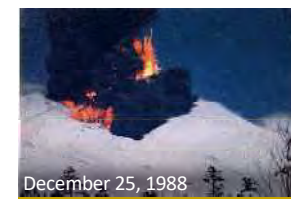
- JNTO Japan Visitor Hotline Tel. 050-3816-2787
- From overseas: +81-50-3816-2787

Tokachidake ver.



A Guide to Climbing Volcano

- Asahikawa Local Meteorological Observatory, JMA*
- Kushiro Local Meteorological Observatory, JMA
- Sapporo Regional Headquarters, JMA
- Kamifurano town • Biei town • Shintoku town
- ※ Japan Meteorological Agency (JMA)



December 25, 1988



June 30, 1962

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



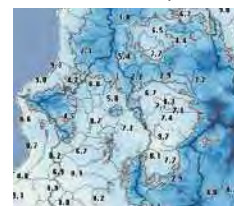
Weather in mountainous areas is highly changeable. If unfavorable conditions appear imminent, descend or evacuate to a safe place immediately.

Useful weather information for climbers

- High-resolution Precipitation Nowcasts



- Weather Analysis Map (Temperature etc.)



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!

