

## Wear a climbing helmet



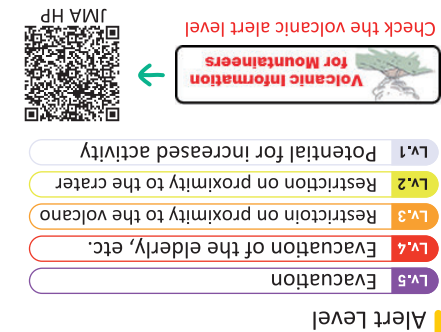
There is always a risk of unforeseen eruptions. Wear a climbing helmet in case of eruptions or rock falls.

## Keep away from hazardous areas

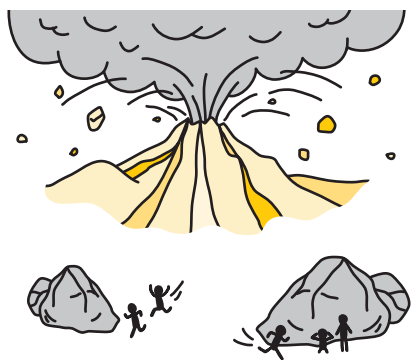


Volcanic gases can be deadly, and tend to accumulate in valleys and low-lying areas. Do not enter restricted zones.

Pay attention to  
information provided by  
JMA and municipal offices



## 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

This leaflet is made of "stone paper". You can discard with combustible waste in general, please follow the instruction of the local government.

English  
ver.

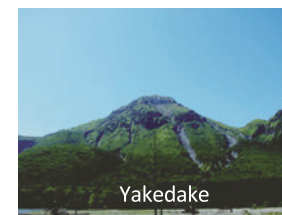


## A Guide to Climbing Volcano

Japan Meteorological Agency



Volken  
JMA's volcano mascot character



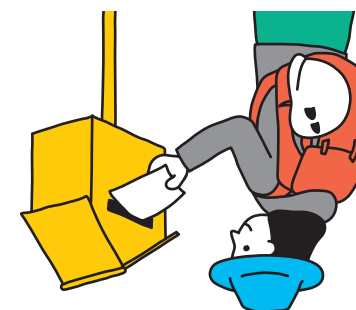
Yakedake



Asosan



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



Submit a climbing  
notification  
(TOZAN-TODOKE)

## Plan flexibly



Daily Forecast



Three-hourly Forecast



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 warm clothes and rainwear when climbing, even in summer.

## Take frequent breaks



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

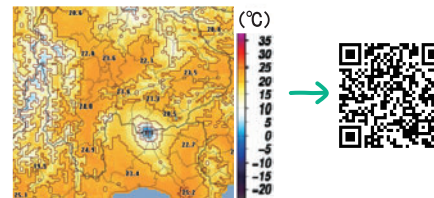
## Always keep an eye on the weather



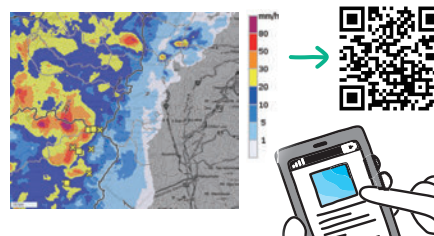
Weather in mountainous areas is highly changeable. If unfavorable conditions appear imminent, descend or evacuate to a safe place immediately.

## 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.