

To All Mountain Climbers in Hyogo: For Safe Climbing

(1) Submit a Tozan-Todoke

- To avoid hampering search and rescue operations in the event of an accident, **be sure to submit a Tozan-Todoke (mountain climbing itinerary report) when you climb a mountain.**
- **You can submit a Tozan-Todoke via your PC or smartphone** by using the online Tozan-Todoke system Compass.



(2) Avoid climbing alone

- Accidents involving inexperienced and middle-aged or older climbers are on the rise. In the event of an accident, the likelihood of being exposed to a life-threatening situation increases if you are climbing alone. **Climb with an experienced leader.**

(3) Be fully equipped and fit

- Climbing while sleep deprived, sick, or with other physical ailments should be avoided. Don't push yourself; **enter the mountain in a good physical condition.**
- **Mountaineering equipment appropriate for the condition of each mountain is required.** Rain gear, a map, a compass, a headlamp, emergency food, and communication equipment are all must-haves.
- If you have a smartphone, **be sure to check out how to use the GPS feature to find your current location.**

(4) Do your preliminary research and watch the weather

- Check the course, route, mountain lodges, and other information about the mountain and **make a reasonable plan** according to your skill, physical strength, and experiences.
- **Be sure to check the weather on the day of your climb.** Have the courage to stop climbing when weather warnings or advisories are issued.

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