



- ▶ **1. Check the information of weather and avalanche.**
 - Are there advisories or warnings of wind or snow?
 - Is there a high risk of avalanche?
 - Do you have an access to the latest weather forecast?
- ▶ **2. Check the terrain and route.**
 - Are your skill and strength enough to traverse the route?
 - Do you have a clear vision from start to finish of the mountaineering?
- ▶ **3. Start mountaineering with winter equipment.**
 - Do you have three MUST items (beacon, probe and shovel)?
 - Do you have the equipment and food to survive under bad weather?
 - Do you have a mobile GPS, a communication device, such as a mobile phone and spare batteries?
- ▶ **4. Submit a mountaineering plan.**
 - Organize a party, don't go alone.
 - Is the mountaineering plan feasible?
Have you submitted a mountaineering plan?
- ▶ **5. Withdraw with courage**
 - Are you prepared to withdraw the mountaineering under bad weather or no visibility?
 - Do you know how to act to save your life in the case of distress?

Toyohira Police Station