




- ~Things you must know to avoid accident~
- 1 Give yourself plenty of time to spare when hiking considering your experience, skills and physical fitness.
 - 2 Do not strain yourself too much. Keep in mind to "leave early, arrive early." Get the right gear to keep you safe and comfortable on the trail, like helmet.
 - 3 Hiking alone will increase potential risks.
 - 4 You must be in good shape when hiking.
 - 5 You should be checking on the developing weather conditions, and take immediate action to ensure your safety.

Hiking Checklist		
Clothing	Equipment	
Hat	Backpack	Map
Longsleeve shirt	Headlamps	Compass
Climbing pants	Towel	GPS
Thermal clothes	Snacks	Mobile phone
Rain gear	Water	Recharger
Gloves	First-Aid kit	Safety aiding accessories
Gaiters / Leggings	Medicines	Heat emergency blanket
Socks	ID card	Toilet paper
Hiking Shoes	Trekking Poles	Extra shoelace
Extra clothes	Wristwatch	etc,etc.

Dial 110 for accidents or crimes.

Clearly state the following.

- ① What happened?
(slipping, falling, rock fall, fatigue, getting lost, etc) 
- Symptoms
(very painful, slight pain, etc)
- ② Where are you now?
- ③ What is your name and mobile phone number? 