Yokoo Mountain Safety Gate

Checklist: 7 Checks

Mountain accidents in Nagano Prefecture have reached record highs for three consecutive years. Many of these accidents are caused by inadequate preparation, lack of fitness or skills, and a lack of safety awareness. To help prevent mountain accidents and promote safe trekking, a trial Mountain Safety Gate has been established for a quick safety check. Please review the safety precautions below, sign this form, and submit it at the Gate.

☑ Submit a trekking itinerary

- ☐ Submitted a trekking itinerary
- ☐ Have shared the itinerary with family

☑ Prepare trekking gear

Gear you are currently carrying or wearing:

- ☐ Warm clothes
- ☐ Rainwear
- ☐ Emergency food
- ☐ Trekking boots
- ☐ Helmet
- ☐ Drinking water
- ☐ Headlight , Spare batteries
- ☐ Physical map, Compass, Trekking map apps
- ☐ Emergency tent
- ☐ Mobile phones, Portable chargers
- ☐ First-aid kit

☑ Confirm your climbing experience

- ☐ Have experience hiking this trail or trails of a similar difficulty level.
- ☐ First time on this trail, but have checked trail conditions in advance
- ☐ No concerns regarding physical fitness, technical skills, or health

☑ Prepare accommodation

Have prepared the following:

- ☐ Mountain Lodge reservations
- ☐ Full tent gear (if camping)

☑ Join mountain rescue insurance

- ☐ Have joined

☑ Check trekking rules

- ☐ Understand that trekking is at my own risk, and commit to trekking safely
- ☐ Follow the Rules for Visitors (see back page)

☑ Observe the designated mountain entry times

Clear the Yokoo Gate within the following designated hours:

- ☐ Recommended trekking start times

Destination	Time
Mt. Jonendake	By around 6 am
Mt. Yarigatake Mt. Okuhotakadake Mt. Kitahotakadake	By around 10 am

- ☐ Last entry times

Destination	Time
Mt. Chogatake	By around 11 am
Karasawa Cirque	By around 2 pm
Yarisawa	By around 3 pm

The group leader must ensure that all members have reviewed the information above and confirmed their preparedness.

☑ I have checked the above.

Party size: _____ Signature: _____

Kita Alps Mountain Range; Rules for Visitors

In 1934, the Kita Alps were designated as the Chubusangaku National Park. Japan's national parks are designated by law for the protection and promotion of the country's world-class scenic areas. In order to maintain a balance between enjoyment and preservation of the natural environment, development has been kept to a minimum. In such a unique and rich natural environment, accidents can occur as a result of natural disasters and contact with wild animals. Several associated organizations strive toward the reduction of accidents. However, as the park remains a wilderness area, accidents cannot be eliminated by the efforts of park authorities alone.

For the safe enjoyment and continued protection of the Kita Alps, we ask all climbers to abide by the following rules when entering mountainous areas of the Kita Alps.



Rule1

Do not damage or remove natural objects.

The damage or collection of natural objects such as rocks, animals, and plants (including fallen leaves or branches) is strictly regulated. The ecosystem of the Kita Alps teeters on a fine balance. Please seek to enjoy the natural environment only in this time and place.



Rule2

Do not damage infrastructure such as mountain trails and bridges.

In addition to wooden boardwalks and bridges, simple mountain trails are also valuable public properties. Digging up trails with hiking poles and crampons increases erosion, while using crampons on exposed wooden bridges accelerates their deterioration. Please be mindful when using such climbing equipment.



Rule3

Camp only in designated areas.

Places for camping (pitching tents) are fixed, and camping outside of designated areas is prohibited. Camping outside of these areas negatively impacts the natural environment and can invite misunderstanding from other climbers.



Rule4

Do not leave garbage, food, or human waste.

Please understand that things brought in by humans may upset the balance of the ecosystem. For example, even in the alpine zone, a piece of plastic with leftover food on it can attract wild animals that have become accustomed to the taste, and in some cases, bears have been known to break into tents in search of food.



Rule5

Plan your hike carefully and conservatively.

In contrast to lowland areas, mountain weather can be unpredictable and lead to rapidly changing conditions. Do not rely on information posted on social media and plan to your individual level. Ensure you have the necessary experience and equipment for the given season. Plan conservatively for early departure and arrival and start out with the necessary supplies for self-sufficiency.