

Introduction to Hiking - Tips and Gears -



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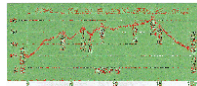
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1. Where to Start

◇ Know your level and start from beginner course

- ✓ Check difficulty level on the internet, hiking guidebooks or from experienced hiker/event organizer
 - Check point: hrs of hike, elevation/up-down, course description (variation course?), escape route?
 - Same mountain with different levels of courses
 - E.g. Omine, Rokko
- ✓ Join hiking tours for beginners run by outdoor shops



1. Where to Start

✓ IOC Star Rating System <http://iockansai.com/event/rating/>

- One star ★**
 - Negligible danger
 - With adequate care by any person, a fall is highly improbable, and serious injury is almost impossible.
 - Non-technical
 - Hiking boots not necessary, but recommended.
 - Less than 750 meters climb in one day.
 - Total map time greater than 4 hours in one day.
- Two stars ★★**
 - Slightly dangerous
 - With adequate care by any person, a fall is highly improbable, but serious injury is still possible.
 - Slightly technical
 - Hiking boots strongly recommended.
 - Some rock scrambling, but hands are not required other than for balance.
 - Greater than 750 meters climb in one day.
 - Total map time greater than 7 hours in one day.

1. Where to Start

✓ IOC Star Rating System <http://iockansai.com/event/rating/>

Three stars ★★★

- Fairly dangerous
- Lack of attention can easily lead to a fall. If a fall occurs, serious injury is probable.
- Fairly technical
- Hiking boots necessary. Mostly rock scrambling.
- Necessary use of hands other than for maintaining balance or holding chains or ladders (climbing on natural rock formations).
- Greater than 1500 meters climb in one day
- Total map time greater than 10 hours in one day
- Requires a Leader and Co-Leader who each have map and compass (names must be provided to Activity Coordinator)
- Event Leader will provide a list of names of all participants to the Activity Coordinator
- Event leader will promulgate an equipment list for that activity
- Event leader to have participated on a 3 Star event before being allowed to lead a 3 star event.

1. Where to Start

✓ Good beginner courses in Kansai

- Hyogo: Rokko (Rock Garden, etc.)
- Kyoto: Kitayama, Nishiyama area, Hieizan
- Shiga: Hira area, Ibuki, Ryuo
- Osaka: Kongo, Katsuragi, Myoken, Ponponyama
- Nara: Yoshino, Soni Kogen & more!

2. Planning/Joining a Hiking Trip

◇ Plan and go with experienced leader if you are still beginner

- ✓ Utilize IOC meeting time & IOC libraries for planning
- ✓ Decide course by checking appropriate maps
 - Recommended maps, websites, and applications
 - Highlight of the mountain – Course? View?
 - Start/goal points – “piston/round-trip”? Loop? “Juso?”



2. Planning/Joining a Hiking Trip

- ✓ Check transportation
 - Depending on course
 - Local bus schedule must be checked in advance
 - Discount tickets for trains, rental car arrangement
- ✓ When is the best season?
 - Each mountain has its “best season”
 - Climate/season, highlights, transportation restriction
 - e.g. Japan Alps – summer/fall, Katsuragi – May, Ibuki - August Akasakayama – snow season



3. What to Bring

◇ List of items for 1-day hike and overnight trip

◇ Camping gears and equipment

- ✓ Sleeping bag
 - Mammy type v.s. Envelop type
 - Material
 - Season & cover
- ✓ Mattress
 - Inflatable
 - Roll
 - Folding
- ✓ Tent
- ✓ Lantern



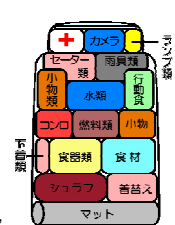
3. What to Bring

◇ Packing

- ✓ Use appropriate size of backpack.
 - 1-day: 20-25L
 - Overnight (hut stay): 30-40L
 - Overnight (Camp):50-60L
- ✓ Arrangement
 - By frequency of use (3 layers)
 - Heavier stuff along your back
 - Use sub pockets

◇ Maintenance

- ✓ Waterproof spray on backpack, rainwear, etc.
- ✓ Dry well and check condition after use



3. What to Bring

◇ Shops to Go in Osaka

- ✓ Mont-Bell (JR Osaka, Honmachi, Tsurumi Outlet Mall, etc.) 
- ✓ Kojitsu Sanso/好日山荘: Umeda, Namba 
- ✓ Lodge/ロッジ (Umeda, Kyoto) 
- ✓ IBS Ishii Sports (Umeda) 

◇ Internet shops

- ✓ Sakaiya Online (さかいやオンライン)
- ✓ OD Box