

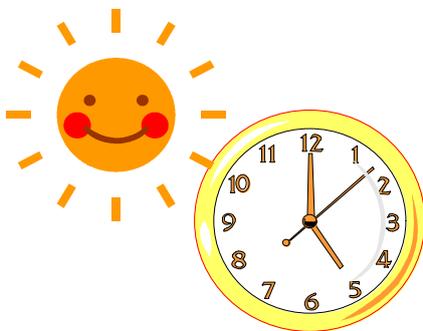
# Dangers in Autumn Mountains

## ~ Alpine Accident Prevention ~

To safely enjoy Japanese autumn, you have to be aware of alpine accidents caused by getting off the track, hypothermia, insufficient preparation, etc. Consider the following points with a proper plan.

### Sudden Climate Change

Mountain weather conditions can change suddenly. When the temperature is low, it snows and/or dense fog hides mountain trails. Check the weather forecast before entering mountains.



### Earlier Sunset

The sun sets earlier day by day in autumn. Even for one-day hiking trips, carry a lighting equipment and descend before dark.

### Low Temperature

The temperature gets below zero in the mornings and evenings even if it's warm in the day time. Make sure you protect yourself from hypothermia with sufficient warm clothes against windy/cold weather.



Hokkaido Prefectural Police

# Alpine Accident Prevention



## Beware of Hypothermia!

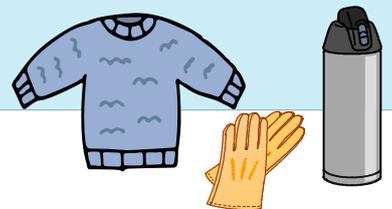
In autumn mountains (from September to October), the temperature gets below zero not only in bad weather but also in the mornings and evenings.

Due to a strong wind, your risk to suffer hypothermia is higher than in summer.

### Points for Alpine Accident Prevention

#### Sufficient Warm Clothes and Protections against Cold

- Carry heat retaining knit cap, fleece wear, down jacket, gloves, etc
- Carry warm drink in heat retaining bottle
- Carry zelt, heat insulating mat, etc



#### Keep within Your Limit

The sun sets earlier in autumn. There are high risks of alpine accidents at night caused by getting off the track, falling, sliding down, etc. Make sure you prepare well and consider your limit. Even for one-day hiking trips, carry a lighting equipment.

