

Lost in the Mountains! Read This First

If you think you are lost in the Mountains,
follow this checklist to protect your life.

- If you get lost, STOP moving!
- Use an app or a map to identify your location!
- Call 110 or 119 as early as possible!
[110=Police/119=Fire & Rescue & Ambulance in Japan]
- Go back the way you came!
- Look for trail markers and landmarks!
- Never go down into a stream or ravine!
- Do not travel at night. Be prepared to bivouac(stay overnight)!

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