

To all backcountry skiers



Backcountry areas outside ski resort boundaries are completely different from the groomed slopes. You will be facing the untamed dangers of mountains in the winter.



Many dangers are difficult to predict, such as sudden changes in the weather, avalanches, snow cornices, getting lost, and collisions with unexpected trees. You must have sufficient knowledge, skills, and equipment to enjoy the backcountry safely.

Check the following before you go!

Check the weather and topography

- ☐ I am up to date with the latest weather forecasts and avalanche information.
- ☐ The route I have chosen is appropriate for someone with my skill and physical strength.

Check your winter mountain equipment

- ☐ I have a beacon, probe, and shovel.
- ☐ I have a GPS that allows me to check my current position.
- ☐ I have a mobile phone and portable power bank.

Check your safety management

- ☐ I have told my family/friends where I'm going.
- ☐ I will be sure to submit **a climbing plan (TOZAN-TODOKE)**.
- ☐ I will move in a group.
- ☐ I will use a guide if I'm inexperienced.
- ☐ I will follow the rules of the ski resort.
- ☐ I understand that rescue may incur significant fees and may not be possible if the weather conditions are poor.