# Requirements for the Hida-Osaka Guided Winter Tours

## ※Please read through the end.

On Hida-Osaka Guided tour, you will experience and enjoy the wild outdoor environment where there is no human habitation. However, it means, at the same time, the environment is very harsh for the human beings. Most of the guided waterfall trekking tours, especially advanced courses, take place deep in the mountains where the ambulance and the helicopter can't arrive soon. Please remind that you will be always at the risk of crucial situations while you join our tour.

Our guides are determined to take participants on to our exciting tours with the minimum risk, but it is important that you also cooperate with us not to risk yourself in danger. Once the tour started, you must walk on your own until you return. In order to accomplish the tour, please prepare yourself, be in shape to endure the trekking, and prepare necessary gear in advance.

Before leaving for the tour, please read all cautions below and check your condition. If you are subject to even one of them, please postpone your plan.

【IMPORTANT NOTICE】

Be aware of risk of a deadly accident if you don't follow below.

☐ Please stay fit for the tour from the day before the tour.
(You would endanger yourself, if you join the tour with hangover, cold, or any kind of uneasiness.)

☐ If you have or had asthma before, please bring your medicine. Please postpone your plan if your condition is severe.

☐ The tour involves constant walking and resting outdoors, thus you will sweat a lot even in low temperatures. In these conditions, it is important to dress warmly and appropriately to protect yourself from the cold. It is recommended you wear appropriate inner clothes. Quick-dry and self-heating type of layering clothes for mountaineering is highly recommended. Please avoid clothes of rayon or cotton.

☐ If you are allergic to something, please bring your medicine, for example, EpiPen® Injection for bee allergy. If you have your own antihistamines, please bring it with you.

☐ If you have food allergies, please let us know in advance of the tour. Lunch or light meals are included in some tours.

☐ If you have chronical disease, please bring your own medicine.

Please read through all cautions above.
Hida-Osaka Waterfall Trekking Office will ask you to sign the letter of consent on the day of the tour at the reception.