

## 【 Summer mountain equipment 】



### 【Climbing shoes】

Even if you have a waterproof all-weather trekking boot, middle or short, you can avoid invading by combining with the gator.



### 【Glove】

Protect your hands from sunburn and injuries. In case of rain, prepare waterproof gloves.

### 【Rainwear and outerwear】

We recommend ultralight rainwear that is waterproof and lightweight and comfortable. Be sure to be above and below the outerwear and pants Let's align!

### 【Shirt (Inner)】

We recommend long-sleeved, zip-up synthetic fibers with minimal moisture and quick drying properties. Don't forget to take measures against wind and cold!

### 【Trekking pole】

Useful when there is! According to preference



### 【Cool hat】

It protects the ridgeline from unobstructed sunlight and strong ultraviolet rays.



### 【Ruck sack】

Please prepare things of the size according to the amount of luggage

### 【sunglasses】

When climbing, wear sunglasses because you are exposed to strong ultraviolet rays!



### 【Gator or spats】

Please prepare to prevent water, mud, sand and pebbles from entering and cooling No snow is assumed, so short type is OK!