

Mount Rainier National Park

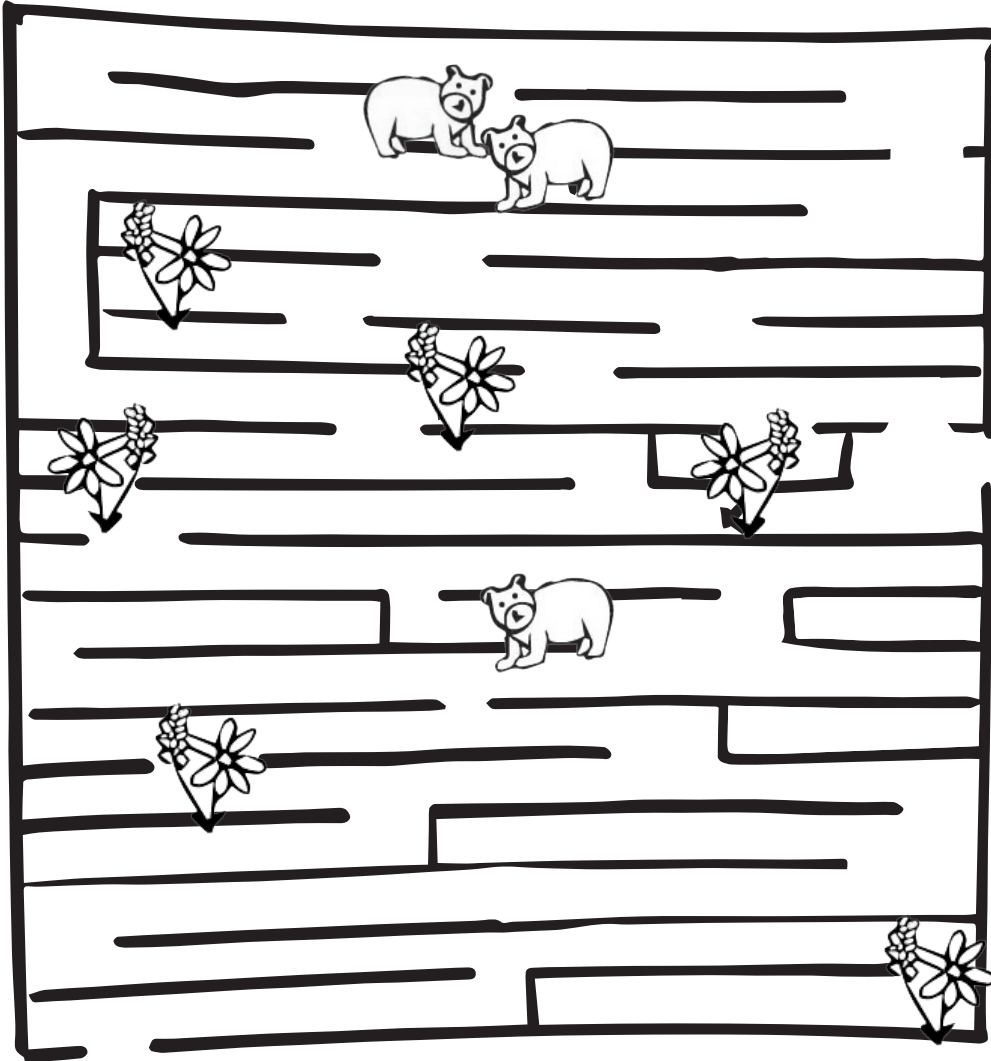
Activity Page for the Young at Heart



Mount Rainier is an active volcano that shapes the landscape and influences processes both within and beyond the park boundary. Mount Rainier is a product of past and continuing volcanic forces. The mountain's constructive and destructive forces pose significant hazards to human and natural communities and cultural resources in and around the park. Despite this, many communities have settled near the mountain, and thousands of people each year recreate on its flanks.

Safety at Mount Rainier National Park is paramount. How do you ensure that you are recreating safely?

Use your navigational skills to travel from the Jackson Visitor Center to the summit of Mount Rainier! Avoid trampling wildflowers and steer clear of the resident bears! When you're done, take some time to study the Ten Essentials!



Start here!



More than 10,000 people attempt to climb Mount Rainier every year! Approximately half of those attempts end in a successful summit.

You did it!



The Ten Essentials

Navigation: map, compass, GPS device and the knowledge to use them properly

Illumination: headlamp, flashlight, extra batteries

Sun protection: sunglasses, sunscreen, sun protective clothing

First Aid

Knife

Fire: lighter, matches, or stove (open fires are not allowed in Mount Rainier Wilderness)

Shelter: tent or bivy

Food: enough for your travels plus a little extra

Water: plus filtration system

Clothing: more layers than you think you need