National Park Service U.S. Department of the Interior

Mount Rainier National Park Web Site www.nps.gov/mora



The Ten Essentials

To be prepared for minor injuries, sudden weather changes or delays always carry the Ten Essentials:

1. A map of the area

2. A compass

3. A flashlight with extra batteries/bulb

4. Extra food

5. Extra clothing, including rain gear

6. Sunglasses and sunscreen

7. A pocketknife

8. Matches in a waterproof container

9. A candle or other fire starter

io. A first aid kit