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
- 10. A first aid kit