

which cannot manage the basics of self-arrest or crevasse rescue is endangering itself as well as rescuers.

Your knowledge, skill and equipment should be sufficient to execute a safe climb and self-rescue. Do not depend upon others to help you. The best way to avoid dependence is by taking care of yourself and your party and not over-extending.

4. COURTESY

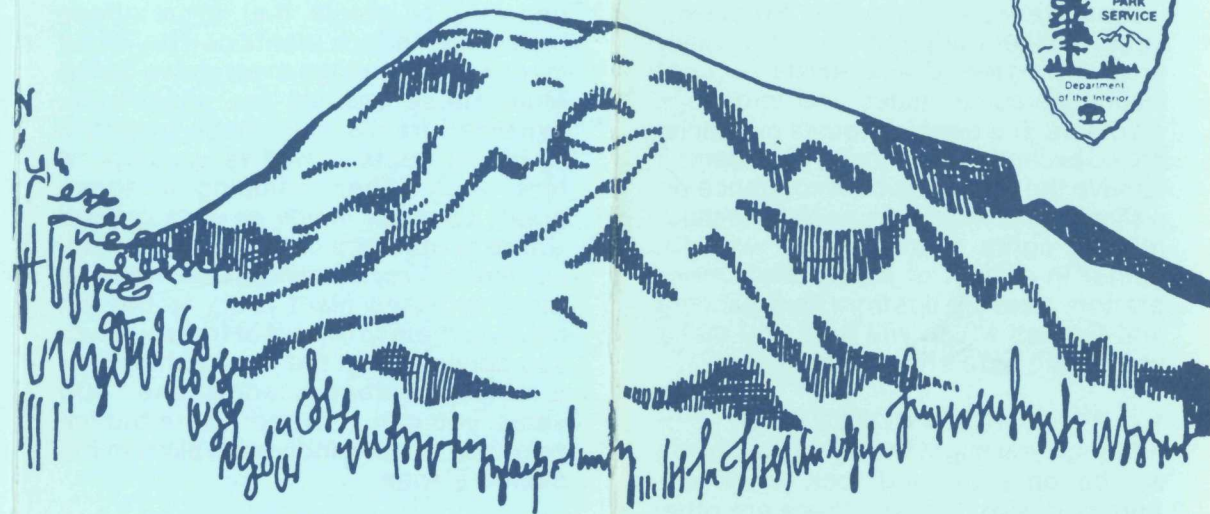
Courtesy among climbing parties is a must if everyone is to have a safe and enjoyable experience on the mountain. While in the public shelter at Camp Muir, be considerate of others who may be sleeping. Always camp off the climbing route so that climbers do not have to go around or through tent sites. Regardless of where you camp, all litter must be **packed out**. Litter buried in snow will always melt out and leave a mess for someone else to look at and clean up. Litter left in a shelter attracts rodents who damage equipment and will keep you awake next time.

Remember: Use common sense on the Mountain. It will pay off!

Registration is required prior to and upon return from climbing on glaciers or above normal high camps.

DATE MOUNTAIN CLIMBED:

On Climbing Mount Rainier



Mount Rainier National Park
National Park Service

Mount Rainier stands as a dominant feature of the Pacific Northwest landscape. The Mountain was first climbed in 1870 and by the turn of the century, only about 100 people had reached its summit. By 1962, almost 1,000 people per year were attempting the climb. Today, climbing has undergone rapid growth – now almost 8,000 climbers attempt the summit every year.

Increased climbing has brought with it a number of problems, including damage to natural resources, an increase in accidents, sanitation and litter. Whenever large numbers of people use the same area, the potential also exists for conflicting personal values and intrusions on others. The climbing routes on Rainier are no exception. In order for each person to have the best possible experience on a climb of the Mountain, each of us must respect rights of others and work together in a spirit of **safety and cooperation**. Here are tips from Park Rangers and Guides which will help you make your climb safe and meaningful.

1. RESOURCE PROTECTION

Although you might think that your climb will be on snow and rock which are impervious to damage, there are other considerations. The approaches to all climbing routes start at lower elevations

and lead through fragile meadows. When traversing these areas, walk on maintained trails. Walking off maintained trails and shortcutting switchbacks will lead to destruction of vegetation and the formation of deep erosion gullies. When hiking in areas without trails, walk on snow and rocks where possible. In this case, hike abreast rather than single file so that your impacts are dispersed rather than concentrated.

Unless you look carefully, you will be unaware of plants that grow above timberline. In fact, plants can be found in rock outcroppings even above Camp Muir. These species are uncommon, extremely fragile, and can be impacted by hikers' boots as well as by campers' tent sites. When camping in these areas, camp on snow or bare ground where no damage can be done. Do not construct rock windbreaks—moving rocks exposes plant roots to the air, causing them to dry out or freeze. When you consider that the establishment of a mature heather meadow takes 100 years, you can also appreciate the importance of each individual plant in the climbing zone.

2. SANITATION

The problem of human waste in the

backcountry has multiplied with increasing numbers of hikers and climbers. It is especially acute at popular high camps such as Camp Muir, Camp Schurman, Ingraham Flats, Emmons Flats, and the summit. Because of the elevation, decomposition is slow since there are few micro-organisms to cause decay. Besides being unsightly, human waste contaminates the snow which an unsuspecting climber gathers to melt for drinking water. Therefore, all water should be boiled or chemically treated and snow should be gathered from clean areas. At established camps, always use the toilet facilities provided **only for human waste**. Litter and food scraps must be packed out not dropped into the toilets as it fills the pits and is expensive to carry out by helicopter. At Emmons Flats and Ingraham Flats privacy screens (screened pits) are available and should be used to concentrate waste for easier collection and disposal. At other locations, use a latrine if it is available or make a new one well away from tent sites. In either case, leave latrines uncovered to prevent digging them up while collecting snow. Use a human waste bag available from White River Ranger Station or Paradise Ranger Station to conveniently pack out your solid waste. Whenever possible plan to use toilet facilities or a privacy screen.

If caught unaware while climbing, please move well off the route and away from rest areas while defecating.

3. SAFETY

Over 80% of the climbing on Mount Rainier is done on two routes—Disappointment Cleaver and the Emmons Glacier. The resulting congestion creates safety hazards. On Disappointment Cleaver, rocks kicked off by one party may hit climbers traversing below and naturally occurring rockfall may hit groups awaiting their turn to get onto the Cleaver. Likewise, avalanches started by one group can injure others below. All parties should be keenly aware of others climbing the same route. Avoid bottlenecks at critical places on the route such as rock or icefall zones by allowing plenty of space between parties. Leaving high camps at different times will provide spacing for safety. When stopping to rest, stand off the route so that others may pass quickly and safely. Coil in your rope for prolonged stops. Always rope up when traveling on glaciers—accidents and fatalities have occurred even on the Inter Glacier below Camp Schurman. **It is the responsibility of each climbing party to be properly experienced and equipped and to be self-reliant on the Mountain. A party**