



BACKPACKING

in
MOUNT RAINIER
NORTH CASCADES
and
OLYMPIC
National Parks



in
**MOUNT RAINIER, NORTH CASCADES and OLYMPIC
National Parks**

Backpacking is an excellent way to reach and enjoy the more remote sections of the parks. You can be independent and self-sufficient. Any able-bodied man, woman or child can backpack. The major problem with taking small children is in maintaining their interest. Equip them with appropriate and comfortable hiking boots. Even a small child can carry his own sleeping bag or clothing. This makes him feel important. Just be certain the whole family is in good hiking condition beforehand. Short hikes daily with a loaded pack will help condition your party and break in new, stiff boots.

PLAN AHEAD

Visit a backpacking or mountaineering store for advice, publications, maps and proper equipment. Professional help is available through a variety of clubs, guide services and outdoor recreation classes at schools.

Plan carefully before you leave home. Practice packing your backpack and using unfamiliar equipment as often as possible before leaving home. Outline your proposed trip and leave your itinerary with someone at home and at the ranger station nearest the point where your hike will start.

Never Hike Alone . . . three hikers is a comfortable minimum. In case of an accident or illness, one person can stay with the injured or ill party, and the third person can go for help.



TRAIL CONDITIONS

Obtain information in advance on trail conditions along your route by inquiring at ranger stations, visitor centers, or write about 2 weeks in advance of your trip to:

SUPERINTENDENT
Olympic National Park
600 East Park Avenue
Port Angeles, Washington 98362

SUPERINTENDENT
Mount Rainier National Park
Longmire, Washington 98397

SUPERINTENDENT
North Cascades National Park
311 State Street
Sedro Woolley, Washington 98284

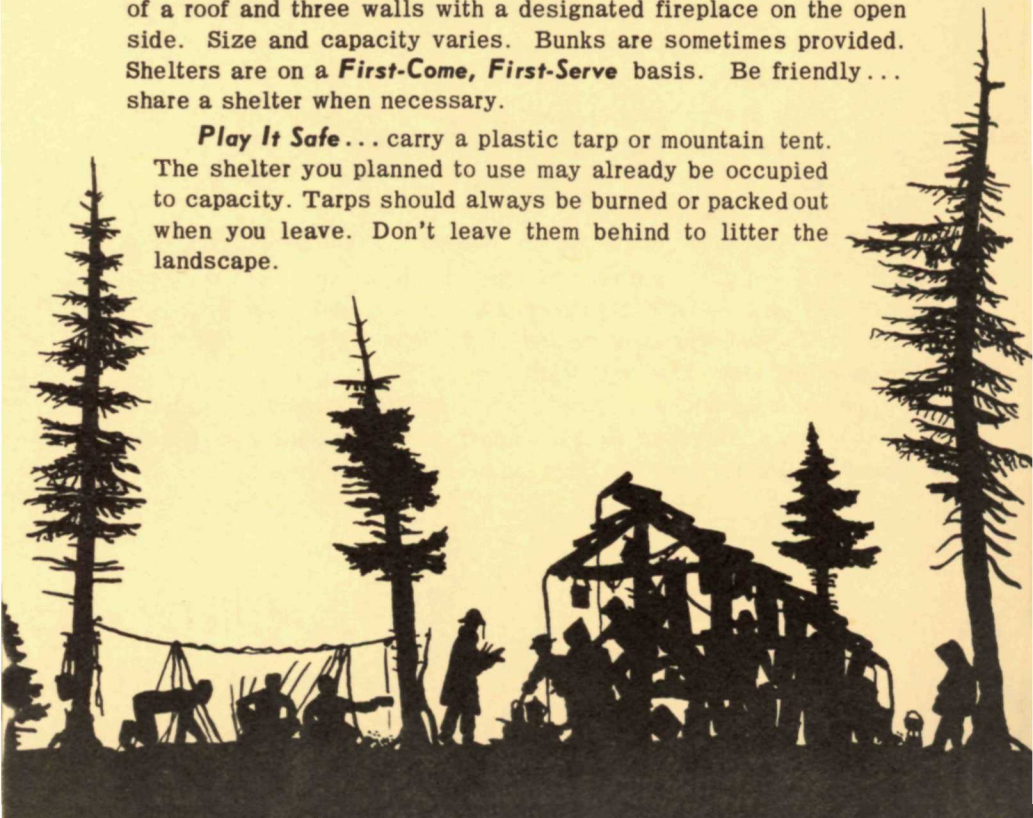
CAMPFIRE PERMITS

Campfire permits are required if you plan to build a fire. They may be obtained upon your arrival at the ranger station nearest your point of departure.

TRAIL SHELTERS

Trail shelters are located at intervals along some trails in the backcountry and along the ocean beaches. They generally consist of a roof and three walls with a designated fireplace on the open side. Size and capacity varies. Bunks are sometimes provided. Shelters are on a **First-Come, First-Serve** basis. Be friendly... share a shelter when necessary.

Play It Safe... carry a plastic tarp or mountain tent. The shelter you planned to use may already be occupied to capacity. Tarps should always be burned or packed out when you leave. Don't leave them behind to litter the landscape.



WEATHER CONDITIONS

High country trail travel is usually best between July 1 and October 1, depending upon rate of snow melt and how early the first fall snow arrives. Late July through August is usually the driest and warmest time of year. Lowland trails and hikes along wilderness beaches in Olympic National Park may be taken at almost any time of year.

Be prepared for rain at any season and snow storms in fall or spring. Early in the season be prepared to cross lingering snow patches. As elevations within the parks vary, so do the day and night temperatures. Evenings are cool at all elevations and winds are chilly at high elevations. A chilling fog comes frequently, especially in the high country and along the beaches.

Above All... watch the weather carefully. **Never** allow any member of your party to become chilled through. A body chill can cause the slowing down of mental processes which would warn of impending danger. Unless you take precautions, it can also eventually lead to death from hypothermia (lowering of body temperature below normal).

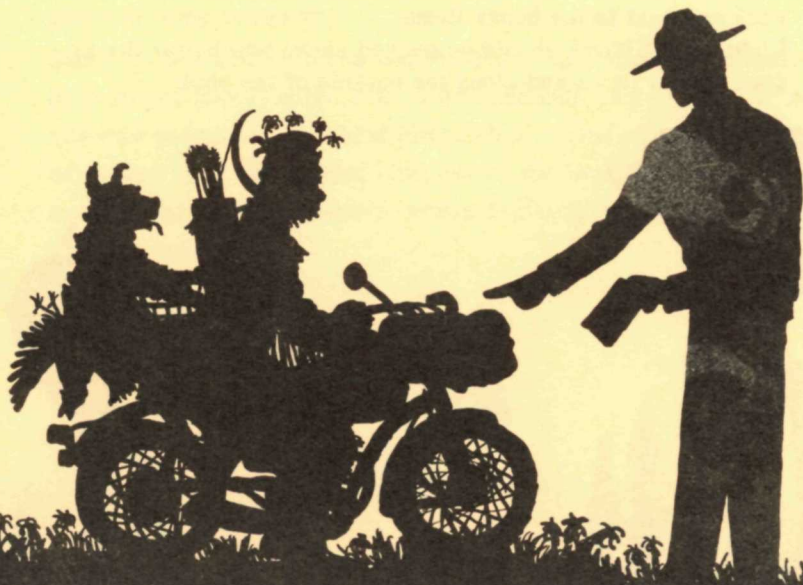
YOU CAN'T TAKE IT WITH YOU

Dogs, cats or other pets are **Not Permitted** on trails.

Carrying of firearms or hunting is **Not Permitted**.

Collecting of any plant material, animal, rock, mineral or any other natural object is **Not Permitted**.

Motorized or wheeled vehicles are **Not Permitted** on trails.



THE PACK ITSELF

The total weight of your pack and the distribution of that weight can be extremely important to your comfort. Adjust the weight of each individual pack to the strength of the person who is to carry it. Do not make the mistake of some novices by attempting to carry too much too far.

Following are suggested *Maximum* weights of packs for:

- Men—30 to 40 pounds
- Women—25 to 30 pounds
- Children—10 to 20 pounds

The pack frame and bag weigh about 4 pounds; sleeping bag, about 5 pounds; clothing, about 3 to 5 pounds; cooking-eating-cleaning equipment, about 5 pounds; food (two-day supply), about 4 pounds per person; miscellaneous group and personal equipment, about 5 pounds. Total weight about 25 pounds. For longer trips, rely mainly on dehydrated or freeze dried foods to keep weight within reasonable limits.

Backpacking requires very careful planning. You must get down to *Bare Essentials* and scrutinize everything that goes into your pack for both weight and bulk. A pack that is too heavy can spoil your trip. A pack without a sufficiently warm sleeping bag, proper clothing or an adequate food supply can be equally disappointing.

DISTRIBUTION OF WEIGHT IN PACK

Heavier items should be packed next to the frame and high in the pack.

Medium weight items should be packed about the center of the pack and next to the heavy items.

Light weight items should be packed above and below the medium weight items and along the outside of the pack.



TO PACK OR NOT TO PACK

What you put into your pack is as important to your comfort as the *Weight* of the full pack. To help you plan your pack, we have listed suggested items of clothing; equipment for cooking, eating, cleaning and sleeping; and miscellaneous equipment for the group and for personal use. If you are in doubt about taking any *Optional* item, remember—*When In Doubt . . . Leave It Out.*

CLOTHING

The variety in altitude, the quick switch from warm days to cool nights, and the chance of rain require extra careful planning in your selection of clothing. Remember—you must carry what you do not wear.

WHAT TO WEAR

Necessary . . . boots (6 to 8 inch tops), lug soles preferable—**Well Broken In**; 2 pair socks (1 pair light weight—1 pair wool); 1 light weight shirt; 1 heavy weight wool shirt; 1 unlined parka; jeans or wash slacks; comfortable underwear.

Optional . . . hat or cap with visor; shorts (in addition to, not in place of, long trousers).

Avoid . . . new boots (unless well broken in and oiled for softness); tight fitting pants, belts, rain jacket and rain pants (these do not allow for proper air and blood circulation); wrinkled or non-absorbent socks; new, stiff jeans; clothing, or the lack of it, that invites sunburning; shorts in terrain where stinging nettles or scratchy brush is present.



WHAT TO CARRY

Necessary . . . 1 change underwear; 1 change socks; 1 rain poncho; 1 sweater; 1 change trousers (light weight wool advisable).

Optional . . . 1 set long underwear and 1 stocking cap (both good for lounging or sleeping); 1 pair slipper socks or fold-up slippers with leather soles; down clothing.

COOKING EQUIPMENT

Necessary . . . 1 aluminum frying pan; 1 four-quart kettle with lid (one-pot meals, water carrying and heating, and dishwashing); 1 one-quart kettle with lid (hot beverages or small amounts of food). Substitute . . . 1 nested cooking/eating utensil kit suitable for group size; light weight backpacker's stove; heavy-duty aluminum cooking foil; stirring/serving spoon; pancake turner; plastic or nylon scouring pad; paper towels (substitute - the new washable/burnable non-woven fibre cleaning cloths). **Don't Forget!!** . . . **Matches** (in water-proof container or dipped in fingernail polish); **Can Opener** (small, G.I. type is suggested).

Optional . . . long-handled cooking fork; hot pad or mitten; billy-can grabber or light weight kitchen tongs.

COOKING EQUIPMENT TIPS

A light weight backpacking stove (2 to 3 pounds) is worth the extra weight since firewood is often **scarce** to **non-existent**. Good in wet weather, too, or above treeline.

Tin cans in graduated sizes with wire handles serve nicely as cooking utensils and are minimum in weight. **Pack Them Out** when you go.

Unroll foil or paper towels - fold or roll tightly to save space.

Above All . . . use your ingenuity - one item can serve several purposes in many cases.



SUGGESTED FOOD LIST

Starches

- *Dry cereals (to be cooked)
- *Macaroni, noodles, spaghetti, etc.
- *Dried soup mixes
- *Potatoes (instant)
- *Pancake flour
- *Dried peas, beans, etc.
- Hard crackers, hardtack, etc.

Proteins

- Peanut Butter
- Canned meats-ham, bacon, sausage, chili, beef, tuna, etc.
(Note: watch weight)
- Dried chip beef
- Hard sausages
- Hard cheeses
- *Grated dry cheese
- *Whole or skimmed milk (powdered)
- *Buttermilk (powdered)
- *Whole eggs (powdered)

Condiments

- Salt, pepper, sugar, spices, sauces or gravy mixes, etc.

Fats

- Bacon
- Butter or margarine
- Shortening

Dried Vegetables

- *Carrot shreds, cabbage, beets, tomatoes, onions, etc.

Dried Fruits

- *Apples, prunes, apricots, peaches, pears, banana flakes, pitted dates, raisins, figs, etc.

Beverages

- *Coffee (instant or ground)
- *Tea (instant or bulk)
- *Cocoa or chocolate drink
- Concentrated soft drink mixes (tablets or powdered)

Note: Cooking time increases as elevation increases — water boiling time at 5,000 feet is double that of sea level.

*Remove these items from original containers . . . repack in heavy plastic bags.

Insert directions for preparation inside bag and label outside of bag.

AVOID THESE DISHES

Downstream Stew or Garbage Goulash

Prepared by careless hikers who dump garbage, fish entrails, and trash in lakes or streams. Often spiced with water from a rinsed cooking pot.

Soapy Soup

Water from a stream, mixed with generous helpings of soap from washed clothing, bathing, or as a depository for dishwater.

Remember . . . You may be the one downstream from such a cook!





EATING UTENSILS

Necessary . . . 1 deep plate, 1 fork, 1 spoon and 1 cup (per person).
Substitute . . . 1 nested cooking/eating utensil kit. 1 pocket or hunting knife (in sheath on belt).

EATING UTENSIL TIPS

Use your pocket or hunting knife in place of a table knife.

Hang a plastic cup on a hook on your pack frame where it is handy while hiking.

Aluminum cups burn lips!

SLEEPING EQUIPMENT

Necessary . . . sleeping bag (down-filled preferred); one 9' x 9' plastic tarp (shelter or ground cloth).

Optional . . . 1 small roll (per person) polyurethane plastic foam mattress. Head to hip length is sufficient.

Note: air mattresses puncture too easily.

MISCELLANEOUS GROUP EQUIPMENT

Necessary . . . first-aid kit and manual; compass; flashlight (with fresh batteries); toilet tissue; topographic map (slip it into a plastic envelope to keep it dry).

Optional . . . hand axe in sheath (only if you are experienced in its use) or a folding saw; extra bulb and batteries for flashlight; purse-sized sewing kit; insect repellent; 1 or 2 15' to 20' lengths of nylon cord; water purification tablets.

MISCELLANEOUS PERSONAL EQUIPMENT

Necessary . . . toothbrush and toothpaste (salt may be used if you forget); hand soap (also use for washing clothes and dishes); comb; washcloth; small hand towel; lip pomade or lipstick; plastic cup; sweet snack; moleskin (blister prevention); necessary personal medicines; sunglasses.

Optional . . . small metal mirror; extra boot laces; foot powder; sunburn protection; notebook and pencil; safety pins.

MISCELLANEOUS GROUP AND PERSONAL EQUIPMENT TIPS

Soft drink mixes make welcome thirst quenchers while hiking.

An ice axe (properly used) is indispensable in crossing steep snow slopes early in the season. Know how to use an ice axe for self arrest.

THINK TWICE ABOUT THESE WEIGHT VERSUS PLEASURE

Playing cards; extra-small musical instruments; reading materials; photography equipment; fishing tackle (collapsible or break-down rod).

GET READY . . . GET SET . . . GO!

If you are new at hiking, we strongly suggest you join a local hiking club for experience and companionship. Above all—**Practice** . . . ahead of time! Be certain you know how to read your topographic map. Your life may depend upon it!

So, you think you are ready! How about *Identification* and *Car Keys*?

TAKE IT EASY

Hiking is not a foot race! For a pleasant trip, set a pace that is comfortable for the weakest member of your group. Rest well and eat well. Don't try too long a hike or hike too far in one day.

Caution . . . prevent blisters . . . stop and apply moleskin at the first sign of irritation.



PACE

Don't allow yourself or other members of the group to become exhausted. A good average rate of travel on a fairly level trail is about 2 miles an hour. One mile per hour may be a good rate on an uphill trail. Find a rhythmic stride that suits you and the terrain. Try a little hip swinging. It helps to lengthen your stride and makes hiking more comfortable.

KEEP IT QUIET

Yelling or any other unnecessary noise is bad wilderness manners. Other trail travelers find it offensive—they took to the back-country for peace and **Quiet**. You may also frighten wildlife that you might otherwise see.

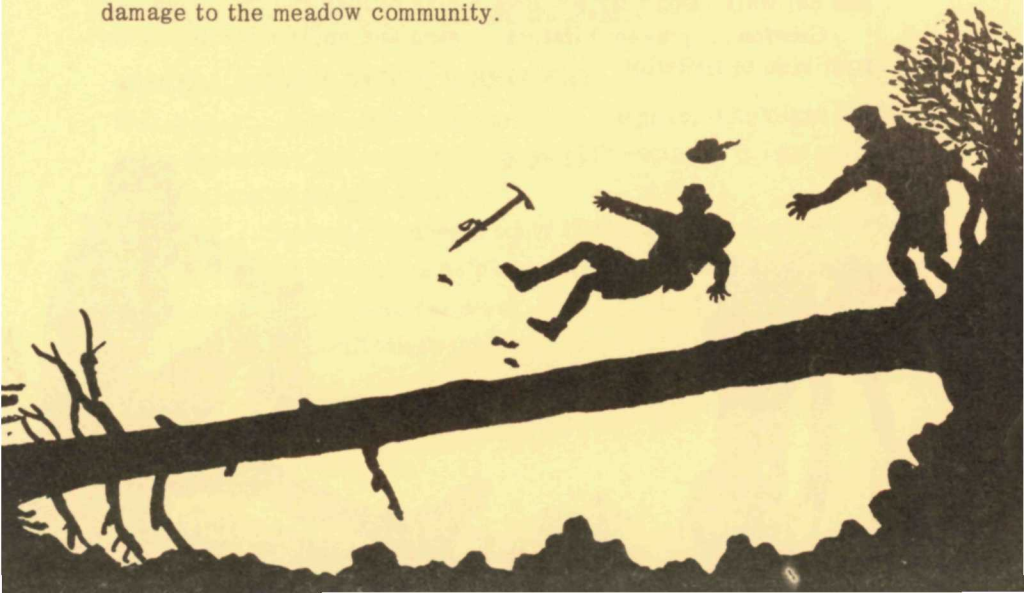
HOW TO MEET HORSES ON THE TRAIL

Hikers **Do Not** have the right-of-way on trails, animals do. Get completely off the trail if possible—**Do Not Hide**. Stand as quietly as possible without any sudden movement until all animals are well past your group.

Caution . . . all members of the group should stay on the same side of the trail to avoid making the animals feel crowded or surrounded.

PLAY IT SAFE . . . STAY ON THE TRAIL

The trail on which you are hiking has been laid out along the safest and easiest route. Do not travel cross-country unless you are completely familiar with the route. Short-cuts on switchbacks cause trouble. You might dislodge a loose rock on a fellow hiker below you, or you might sprain an ankle. Trail repairs are costly. Short-cuts through alpine meadows kill plants and do irreparable damage to the meadow community.



WILDLIFE

Consider yourself lucky if you catch even a fleeting glimpse of the wildlife. But the wilderness is their **Home** . . . please be a well mannered guest. Even large animals are usually shy of man and are easily frightened.

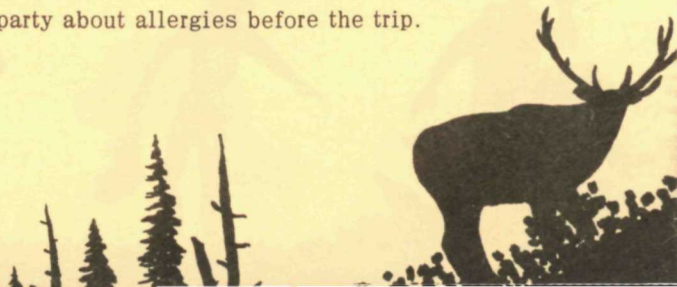
Resist that impulse to feed seemingly friendly wildlife that may approach you. Feeding of wildlife is **Not Permitted** in National Parks.

Even the most friendly seeming animal can be dangerous. They are easily spoiled by free hand-outs and may become angry or aggressive when the snack supply runs out. Larger animals may strike out at you. Sharp teeth, claws and hooves cause painful damage to unwary humans every year. Animals may also carry communicable diseases, lice or fleas.

Warning . . . Feeding Wildlife may be Hazardous to your Health!

When suddenly approached by a large or aggressive animal, remember that, except grizzly bears and moose, animals generally are more frightened of you than you are of them. Animals rarely attack humans unless they feel cornered or are hurt or teased. **Don't Run** . . . stand still or move away slowly and calmly. Wave your arms and yell as a last resort to frighten them off. Always give any animal plenty of space and an obvious escape route. Mother animals are most dangerous when their young are threatened.

In Olympic National Park there are no venomous snakes or poisonous insects. However, you may occasionally encounter a venomous snake or poisonous insect in the Cascade Mountains, especially on the eastern slopes at lower elevations. Keep the insect repellent handy for annoying mosquitoes. Bee, hornet or yellow-jacket stings sometimes cause dangerous allergic reactions. Check with your party about allergies before the trip.



YOU'VE EARNED A BREATHER

On short rest stops, do not remove your pack. Ease the pack by resting it on a low stump, log or rock. Now's the time to adjust straps, loosen a tight belt or slip an extra garment on or off. You will keep your "second wind" if you make these stops under 3 minutes.

On longer rest stops, remove your pack . . . make yourself comfortable. Add clothing or you may become chilled and stiff. Eat a lunch and drink lightly. Now's the time for the extra energy your sweet snack can give you.

Caution . . . smoke only while resting in a **Safe Place**. Put out matches and cigarettes by grinding them out in mineral soil or extinguish them with water.

THIRSTY?

The purity of the cold, clear water of mountain streams and lakes is **questionable**. If you have any reason to suspect pollution, boil or purify the water chemically.

Please . . . Do Not Pollute The Water With Your Own Wastes!

PARDON ME . . . YOU'VE DROPPED SOMETHING

It's so easy to drop something along the trail or beach. Gum or candy wrappers, orange peel, and foil last a long time. You brought them **In** with you . . . pack them **Out** with you. Combustible items should always be burned in your campfire or placed in a trash can.



MAKING CAMP

1. Select a "dry" site for pitching a tent or tarp. **Do Not** damage soil and vegetation by ditching around your shelter.
2. Plastic tarps make good tents or lean-tos. **Do Not** cut live boughs for shelter. Not only is it **Not Permitted** in National Parks but bough beds ooze pitch which cannot be removed from sleeping bags.
3. Shelters or toilets wrecked for fire wood testify to the thoughtless few who do not anticipate their need for fuel.
4. Firewood is often **scarce** to **non-existent**, especially in heavily used areas and above treeline.
5. If you must build a fire . . . make it small. Use only dead and fallen wood. Fuel tablets or plumbers candles make good fire starters. Before leaving, carefully extinguish your fire.
6. Small backpacking stoves are cleaner and faster for cooking than open campfires.
7. In disposing of human wastes, select a suitable screened spot at least 50 feet away from any open water. Dig a hole 8 to 10 inches in diameter, and not deeper than 6 to 8 inches . . . to stay within the "biological disposer" soil layer that nature provides. After use, fill the hole with loose soil and then tramp in the sod.

LIKE TO FISH?

Follow local fishing regulations carefully. They are different for each park.

1. North Cascades National Park—a Washington State Fishing License **Is Required**. State laws apply.
2. Mount Rainier National Park—**No License Is Required** within the park.
3. Olympic National Park—**No License Is Required**. For salmon or steelhead fishing, punch cards **Are Required**.



GETTING TIRED?

Put your fire *Dead Out* before you retire. Your bed should be ready and waiting for you before it is too dark to see. Keep your flashlight handy. Roll your clothes into a bundle and tuck them into the bottom of the sleeping bag (unless your body length leaves no room). This helps keep feet warm and clothes dry. Place your boots where they will not be filled with water in case of rain. Have your slippers handy.

NOISES IN THE NIGHT!

It is a pretty safe bet you forgot to animal-proof the food. Hang packs with foodstuffs from a nylon cord suspended between two trees, high enough to be out of reach of bears or other animals. Keep all foodstuffs away from your campsite at night to avoid being annoyed by foraging animals. Pan banging is a good way to chase any animal away.

BREAKING CAMP

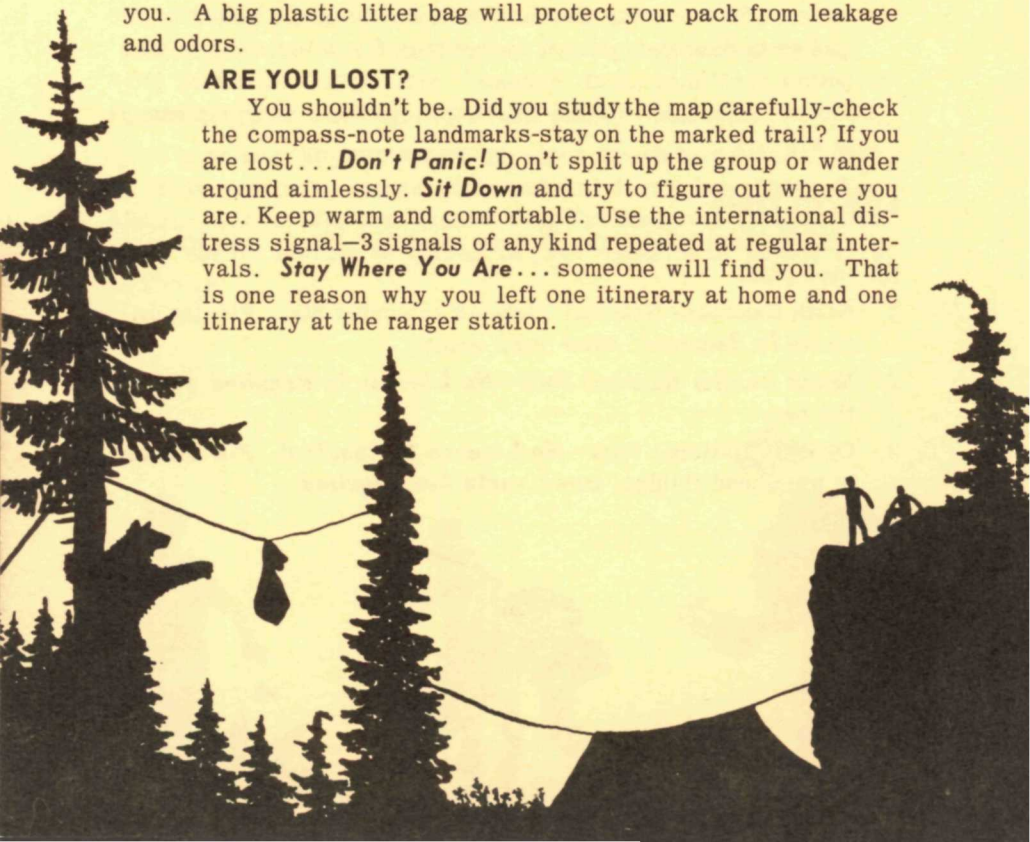
1. Make a thorough search . . . don't leave *Anything* behind.
2. Thoroughly drown all campfires . . . *Dead Out*.
3. Don't leave excess food behind . . . it attracts animals.

YOU CAN TAKE IT WITH YOU

Please pack your tin cans and other non-combustibles out with you. A big plastic litter bag will protect your pack from leakage and odors.

ARE YOU LOST?

You shouldn't be. Did you study the map carefully-check the compass-note landmarks-stay on the marked trail? If you are lost . . . *Don't Panic!* Don't split up the group or wander around aimlessly. *Sit Down* and try to figure out where you are. Keep warm and comfortable. Use the international distress signal—3 signals of any kind repeated at regular intervals. *Stay Where You Are* . . . someone will find you. That is one reason why you left one itinerary at home and one itinerary at the ranger station.



SPECIAL TIPS FOR BEACH HIKING

Hiking the beaches along the wilderness coast of Olympic National Park can be a rich and rewarding experience. When the high country is still clothed with snow, the beaches are almost always accessible.

WATER SUPPLY

Frequent streams provide fresh water. **But** it may be discolored or polluted. It can be made drinkable by boiling or purifying it chemically.

BUILDING A FIRE

The beach hiker is plentifully supplied with wood from the drift along the shore. Fires should be watched carefully and kept under control. A driftwood fire spreads rapidly and is very difficult to put out. **Do Not** build campfires against a drift log unless it is separated from the rest of the drift and away from other combustible materials. Campfires on the beach should **Never** be left burning. There is plenty of water handy to douse them.

BEACH TRAILS

The beach itself often makes the best trail. At points where headlands must be climbed over, you may find metal trailhead markers that show the best place to leave the beach. Markers are often placed across headlands for route finding although there is no actual trail.

TIDES

Obtain a current tide table at a nearby sporting goods store upon your arrival. If you don't know how to read it...ask for instructions. **Don't Take Chances!** Watch the tides carefully to avoid an uncomfortable or **Disastrous** situation. **Never** round a headland on an **Incoming Tide!** Your life may depend upon it!



TRAVEL WITH ANIMALS

Maybe you would rather let a horse or burro carry the load for you. Perhaps you would rather travel on horseback yourself. If so, you may bring your own animals or rent them from a local packer. If you are not an experienced horseman, hire a professional packer/guide. You may want to take along a friend who is an experienced horseman/packer instead.

Portions of the backcountry receive heavy stock use. Available feed is often **scarce to non-existent**. You should plan to carry sufficient feed with you. Check at ranger stations for local restrictions. Better still, write the Superintendent before you start your trip.

Always keep animals away from the immediate campsite. Hobles should be used in place of staking them out as great patches of vegetation can be damaged by tethered animals going around in circles.

MOUNTAIN CLIMBING

The many peaks in the Pacific Northwest offer adventure for the mountaineer. Novices who attempt to climb or venture out onto glaciers invite **Disaster** unless accompanied by at least one competent climber. Three persons are **Minimum** for a climbing group. **Never Climb Alone!** Climbing parties must register at the ranger station nearest their point of departure. The ranger will register your group and offer information on routes and weather.

For mountain climbing, you will need the following equipment **in addition** to your regular hiking gear: ice axe, crampons, nylon climbing rope, sling ropes, carabiners, hard hats, gloves and goggles.

Warning . . . if you are not familiar with the use of any of this equipment . . . **Don't Climb!**



For a List of Available Publications and Maps, Write to:

Olympic Natural History Association
2800 Hurricane Ridge Road
Port Angeles, Washington 98362

Mount Rainier Natural History Association
Mount Rainier National Park
Longmire, Washington 98397
(Also handles publications for North Cascades N.P.)

PLEASE Keep Your Camp Clean

Better Still

Leave It Cleaner Than You Found It

HAPPY HIKING!

HAPPY HIKING!

U.S. Department of the Interior

National Park Service

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