CASCADE RANGE, WASHINGTON · USA

Mount Rainier National Park

Wildflower meadows under a glacier-clad volcano: hoary marmots whistling at Paradise, mountain goats on the ridges above Sunrise and pikas calling from the rock slides.

120 animals 30 mammals, 63 birds, 4 reptiles, 13 amphibians, 3 fish and 7 butterflies

Best time: Jul to Sept

Seen _____ of 120

ANIMAL | DATE AND PLACE

01 Big mammals 4

- [ ] Mountain Goat
- [ ] Mule Deer
- [ ] Elk (Wapiti)
- [ ] Black Bear

02 Hunters 13

- [ ] Coyote
- [ ] Red Fox
- [ ] Pacific Marten
- [ ] Raccoon
- [ ] Short-tailed Weasel (Ermine) Rare
- [ ] Long-tailed Weasel Rare
- [ ] Cougar (Mountain Lion) Rare
- [ ] Bobcat Rare
- [ ] Fisher Rare
- [ ] Wolverine Rare
- [ ] River Otter Rare
- [ ] American Mink Rare
- [ ] Striped Skunk Rare

03 Small mammals 13

- [ ] Hoary Marmot
- [ ] American Pika
- [ ] Cascade Golden-mantled Ground Squirrel
- [ ] Douglas Squirrel

ANIMAL | DATE AND PLACE

03 Small mammals continued

- [ ] Townsend's Chipmunk
- [ ] Yellow-pine Chipmunk
- [ ] Snowshoe Hare
- [ ] Porcupine
- [ ] North American Beaver
- [ ] Bushy-tailed Woodrat Rare
- [ ] Mountain Beaver Rare
- [ ] Humboldt's Flying Squirrel Rare
- [ ] Little Brown Bat

04 Birds of prey and owls 13

- [ ] Red-tailed Hawk
- [ ] Turkey Vulture
- [ ] Osprey
- [ ] Bald Eagle
- [ ] Cooper's Hawk
- [ ] Sharp-shinned Hawk
- [ ] American Kestrel
- [ ] Golden Eagle Rare
- [ ] Peregrine Falcon Rare
- [ ] Barred Owl
- [ ] Great Horned Owl
- [ ] Northern Pygmy Owl
- [ ] Spotted Owl Rare

Tick them off in Wilder

ANIMAL | DATE AND PLACE

05 Mountain and meadow birds 18

- [ ] Sooty Grouse
- [ ] White-tailed Ptarmigan Rare
- [ ] Clark's Nutcracker
- [ ] Canada Jay
- [ ] Steller's Jay
- [ ] Common Raven
- [ ] American Pipit
- [ ] Grey-crowned Rosy Finch
- [ ] Dark-eyed Junco
- [ ] Fox Sparrow
- [ ] White-crowned Sparrow
- [ ] Mountain Bluebird
- [ ] Townsend's Solitaire
- [ ] Rufous Hummingbird
- [ ] Pine Siskin
- [ ] Red Crossbill
- [ ] Evening Grosbeak
- [ ] Horned Lark Rare

06 Forest birds 25

- [ ] Varied Thrush
- [ ] Swainson's Thrush
- [ ] Hermit Thrush
- [ ] American Robin
- [ ] Pacific Wren
- [ ] Chestnut-backed Chickadee
- [ ] Mountain Chickadee
- [ ] Red-breasted Nuthatch
- [ ] Brown Creeper
- [ ] Golden-crowned Kinglet
- [ ] Hairy Woodpecker
- [ ] Red-breasted Sapsucker
- [ ] Northern Flicker
- [ ] Pileated Woodpecker

ANIMAL | DATE AND PLACE

06 Forest birds continued

- [ ] American Three-toed Woodpecker Rare
- [ ] Vaux's Swift
- [ ] Band-tailed Pigeon
- [ ] Olive-sided Flycatcher
- [ ] Western Tanager
- [ ] Townsend's Warbler
- [ ] Wilson's Warbler
- [ ] Yellow-rumped Warbler
- [ ] MacGillivray's Warbler
- [ ] Hermit Warbler
- [ ] Violet-green Swallow

07 Water birds 7

- [ ] American Dipper
- [ ] Harlequin Duck
- [ ] Common Merganser
- [ ] Spotted Sandpiper
- [ ] Belted Kingfisher
- [ ] Great Blue Heron
- [ ] Marbled Murrelet Rare

08 Reptiles and amphibians 17

- [ ] Common Garter Snake
- [ ] Northwestern Garter Snake
- [ ] Northern Alligator Lizard
- [ ] Rubber Boa Rare
- [ ] Cascades Frog
- [ ] Pacific Tree Frog
- [ ] Rough-skinned Newt
- [ ] Western Toad
- [ ] Northern Red-legged Frog
- [ ] Coastal Tailed Frog
- [ ] Northwestern Salamander
- [ ] Long-toed Salamander
- [ ] Coastal Giant Salamander

	ANIMAL	DATE AND PLACE
08 Reptiles and amphibians	continued	
☐	Western Redback Salamander	
☐	Ensatina	
☐	Van Dyke's Salamander Rare	
☐	Cascade Torrent Salamander Rare	
09 Fish	3	
☐	Cutthroat Trout	
☐	Rainbow Trout	
☐	Bull Trout Rare	

	ANIMAL	DATE AND PLACE
10 Butterflies	7	
☐	Clodius Parnassian	
☐	Hydaspe Fritillary	
☐	Anise Swallowtail	
☐	Western Tiger Swallowtail	
☐	Lorquin's Admiral	
☐	Mourning Cloak	
☐	Milbert's Tortoiseshell	

My trip

FROM _____ TO _____

TRAVELLING WITH _____

STAYING AT _____ SEEN _____ OF 120

FIRST ANIMAL WE SAW _____

BEST MOMENT _____

FIELD NOTES AND SKETCHES

ALSO SEEN, NOT ON THIS LIST

_____

_____

_____

KEEP IT IN WILDER

Tick them off in the app

Scan to open this checklist in Wilder. Add your photos, see your whole trip, earn badges and the Mount Rainier passport stamp, and watch your life list grow.

BEST TIME

Jul to Sept

Snow rules the calendar at Mount Rainier.

A guide, not a guarantee: what you see depends on season, luck and patience. Give wildlife space and never feed it. Follow the local rules on distance.