Majestic Mount Rainier is one of Washington’s most visible volcanoes, last erupting 1,100 years ago. Between 5,600 and 600 years ago, countless volcanic mudflows (lahars) buried valley floors around the volcano. Around 1503, a massive lahar overran much of the mid-Puyallup River valley.

- Get to know your local volcano’s hazards
- Register for notifications about the volcano’s activity
- Make a plan to prepare your entire family for any emergency