

SAFTEY

ALTITUDE SICKNESS

At higher altitudes, less oxygen is available to the lungs, and acute mountain sickness has been common. Symptoms include: headaches, drowsiness, nausea, shortness of breath, and poor judgment.

People who should **NOT** travel above the Visitor Information Station are:

- Children under the age of 16
- Pregnant women
- People in poor physical condition
- Those with heart or respiratory problems.

HYPOTHERMIA

Temperatures drop dramatically at higher elevations especially at night.

Seek medical attention immediately if showing signs of hypothermia including shivering, slurred speech or mumbling, slow, shallow breathing, weak pulse, clumsiness or lack of coordination, drowsiness or very low energy, confusion loss of consciousness.

SUN EXPOSURE

Sunburn is much more severe at high altitudes because the atmosphere is thinner UV light is much more intense. Make sure to protect yourself with high SPF sunscreen, a wide-brim hat, and long sleeves

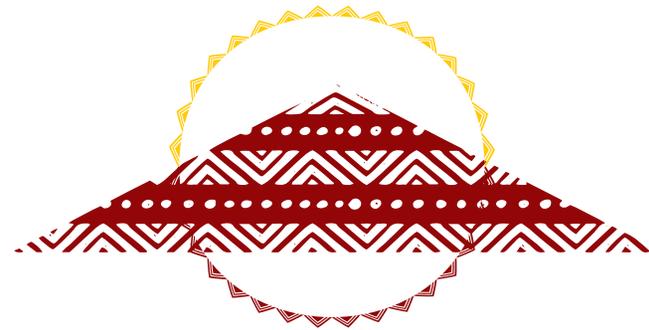
LEARN MORE

Here are websites related to the protection of Mauna Kea.



Please assist us in protecting, respecting and caring for our sacred Mountain.

Please **recycle** this informational flyer. When you leave Mauna Kea return it or take it home with you - do not turn this into litter. Mahalo.



ABOUT MAUNA KEA

Mauna Kea is the tallest mountain in the world, when measured from its base at the bottom of the ocean. It is the **highest point** in all of Moana Nui (the Pacific Ocean), and the very pinnacle of **sacred reverence** for Nā Kanaka o Hawai'i.

Mauna Kea is a Wao Akua (the place where gods reside), the **realm of ancestral gods**, goddesses, and deities, where akua take earthly form as the pu'u (hill or peak), the waters of Lake Waiau, and other significant landscape features.

This is a **place of prayer**. There are a large number of shrines on and near the summit; many of these are hard to see with the untrained eye and have special protocols associated with them. Reverence and respect are expected in all areas.

Mauna Kea is also a **fragile and unique** area that is home to many threatened and endangered species, and is covered in unique micro-climates that can be **easily damaged**. The impact of **visitors** is significant.

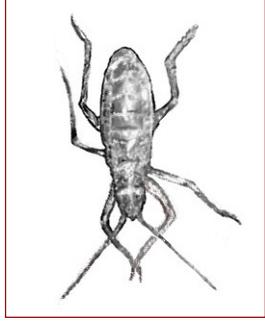
There are also many very real risks to health and safety, especially to those unfamiliar with the Mauna environment.

For these reasons and others, we ask that **great caution** be exercised in this sacred area. **If in doubt, don't go up**. Help us protect this sacred place, and the well-being of all.

SUMMIT HABITATS

Mauna Kea is home to many endangered and threatened species. The highest elevations (over 9,000 feet) may seem barren, but they are full of life and fragile systems. Here are a few to be cautious of impacting:

Lichens. Of the twenty-one lichen species found on the summit of Mauna Kea, at least half are endemic to Hawai'i island; Some, such as Umbilicaria pacifica, are limited to Mauna Kea alone, and the remaining species are indigenous to Hawai'i. These lichens form unique communities that are often invisible to the naked eye. Note: the stones in the proposed site of TMT are home to an especially prolific microbiotic community that includes many of these lichens.



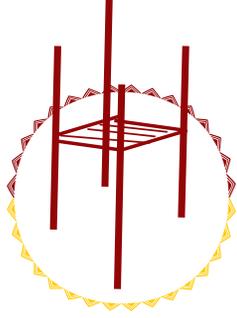
Wēkiu bug (Nysius wekuiicola). This tiny, camouflaged creature lives ONLY on the summit of Mauna Kea, and can easily be impacted by foot traffic. It could be anywhere, especially in unpaved areas, and the few zones where its population remains strong must be observed with great caution.

The summit of Mauna Kea is a fragile, sacred place

• **Snow** and snow waters are used in **sacred indigenous practices** and should be **respected** as such. They also feed ecosystems in unseen ways and must be kept pure.

• **Indigenous PEOPLES** are also crucially important for the well being of the land. Please **respect** this sacred place.

• Shrines are everywhere. Some are hard to see. Please **do not move stones**.



• **AHINAHINA** (silversword): this beautiful plant is impacted by foot traffic, even at a distance from the plant, due to its very sensitive root systems.



• **MĀMANE FOREST**: most of the higher areas are critical habitat for Paliia and other endangered birds, insects and mammals.



• **OHIA LEHUA**: our beloved 'ōhīa (Metrosideros polymorpha) trees are experiencing a devastating pathogen epidemic ("rapid 'ōhīa death syndrome) that can be spread by touch.

“Impacts to native plants and animals are also impacts to the cultures that have cared for them for millennia, which are best left undisturbed.

Be aware:

• **Weed seeds** can be **tracked** in on **clothing and shoes**. Those who do not need to enter forest areas should stay on the pavement.

• **Loud noise** can be **obtrusive** to **native animals**. And people — especially those engaged in cultural practices.

• **Don't litter**. Take your trash with you when you leave.

• All of these **natural areas** are used by **cultural practitioners** continuing ancient traditions, **teaching future generations**, and **reclaiming** our ability to care for **our sacred lands**. Impacts to native plants and animals are also impacts to the cultures that have cared for them for millennia - all of which are best left undisturbed.