



# 7 PRINCIPLES OF LEAVE NO TRACE.

## 1. Plan Ahead & Prepare

- a. Know the regulations and special concerns for the area you'll visit.
- b. Prepare for extreme weather, hazards, and emergencies.
- c. Schedule your trip to avoid times of high use.
- d. Visit in small groups. Split larger parties into smaller groups.
- e. Repackage food to minimize waste.
- f. Use a map and compass to eliminate the use of rock cairns, flagging, or marking paint.

## 2. Travel & Camp on Durable Surfaces

- a. Durable surfaces include established trails, campsites, rock, gravel, and dry grasses or snow.
- b. Protect riparian areas by camping at least 200 feet from lakes and streams.
- c. Good campsites are found, not made. Altering a site is not necessary.

## 3. Dispose of Waste Properly

- a. Pack it in, pack it out. Inspect your campsite and rest areas for trash or spilled food. Pack out all trash, leftover food, and litter. Burning trash is never recommended.
- b. Deposit solid human waste in catholes dug 6-8 inches deep at least 200 feet from water, camp, and trails. Cover and disguise the cathole when finished.
- c. Bury toilet paper deep in a cathole or pack the toilet paper out along with hygiene products.
- d. To wash yourself or your dishes, carry water 200 feet away from streams or lakes and use small amounts of biodegradable soap. Scatter strained dishwater.

#### **4. Leave what you find**

- a. Campfires can cause lasting impacts on the environment. Use a lightweight stove for cooking and enjoy a candle lantern for light.
- b. Use established fire rings, pans, or mound fires where fires are permitted.
- c. Keep fires small. Use only sticks from the ground that can be broken by hand.
- d. Burn all wood and coals to ash, put out campfires completely, then scatter cool ashes.

#### **5. Minimize Campfire Impacts**

- a. Campfires can cause lasting impacts on the environment. Use a lightweight stove for cooking and enjoy a candle lantern for light.
- b. Use established fire rings, pans, or mound fires where fires are permitted.
- c. Keep fires small. Use only sticks from the ground that can be broken by hand.
- d. Burn all wood and coals to ash, put out campfires completely, then scatter cool ashes.

#### **6. Respect Wildlife**

- a. Observe wildlife from a distance. Do not follow or approach them.
- b. Never feed animals. Feeding wildlife damages their health, alters natural behaviors, and exposes them to predators and other dangers.
- c. Control pets at all times, or leave them at home.
- d. Avoid wildlife during sensitive times: mating, nesting, raising young, or winter.

#### **7. Be Considerate of Others**

- a. Respect others and protect the quality of their experience.
- b. Be courteous. Yield to other users on the trail.
- c. Greet riders and ask which side of the trail to move to when encountering pack stock.
- d. Take breaks and camp away from trails and others.
- e. Let nature's sounds prevail. Avoid loud voices and noises

# QUIZ

NAME: \_\_\_\_\_

1. Leave No \_\_\_\_\_
2. Be Considerate of \_\_\_\_\_
3. Dispose of \_\_\_\_\_ Properly
4. Respect \_\_\_\_\_
5. \_\_\_\_\_ what you find
6. Travel & Camp on \_\_\_\_\_
7. Minimize \_\_\_\_\_ Impacts
8. \_\_\_\_\_ & Prepare

## Keywords:

Plan Ahead, Wildlife, Leave, Durable Surfaces, Waste, Trace, Campfire