

# **Leave No Trace Principles**

## **Plan Ahead and Prepare**

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

## **Travel and Camp on Durable Surfaces**

- ✿ Durable surfaces include established trails and campsites, rock, gravel, dry grasses or snow.
- ✿ Protect riparian areas by camping at least 200 feet from lakes and streams.
- ✿ Good campsites are found, not made. Altering a site is not necessary.
- ✿ In popular areas:
  - ✿ Concentrate use on existing trails and campsites.
  - ✿ Walk single file in the middle of the trail, even when wet or muddy.
  - ✿ Keep campsites small. Focus activity in areas where vegetation is absent.
- ✿ In pristine areas:
  - ✿ Disperse use to prevent the creation of campsites and trails.
  - ✿ Avoid places where impacts are just beginning.

## **Dispose of Waste Properly**

- ✿ Pack it in, pack it out. Inspect your campsite and rest areas for trash or spilled foods. Pack out all trash, leftover food, and litter.
- ✿ Deposit solid human waste in catholes dug 6 to 8 inches deep at least 200 feet from water, camp, and trails. Cover and disguise the cathole when finished.
- ✿ Pack out toilet paper and hygiene products.
- ✿ 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.

## **Leave What You Find**

- ✿ Preserve the past: examine, but do not touch, cultural or historic structures and artifacts.

- ❖ Leave rocks, plants and other natural objects as you find them.
- ❖ Avoid introducing or transporting non-native species.
- ❖ Do not build structures, furniture, or dig trenches.

### **Minimize Campfire Impacts**

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

### **Respect Wildlife**

- ❖ Observe wildlife from a distance. Do not follow or approach them.
- ❖ Never feed animals. Feeding wildlife damages their health, alters natural behaviors, and exposes them to predators and other dangers.
- ❖ Protect wildlife and your food by storing rations and trash securely.
- ❖ Control pets at all times, or leave them at home.
- ❖ Avoid wildlife during sensitive times: mating, nesting, raising young, or winter.

### **Be Considerate of Other Visitors**

- ❖ Respect other visitors and protect the quality of their experience.
- ❖ Be courteous. Yield to other users on the trail.
- ❖ Step to the downhill side of the trail when encountering pack stock.
- ❖ Take breaks and camp away from trails and other visitors.
- ❖ Let nature's sounds prevail. Avoid loud voices and noises