

# LEAVE NO TRACE INFORMATION



EAVE NO TRACE

**Outdoor Ethics** 

#### 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. Split larger parties into smaller groups.
- · Repackage food to minimize waste.
- · Use a map and compass to eliminate the use of rock cairns, flagging or marking paint.

#### 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, streams.
- Good campsites are found, not made. Altering a site is not necessary. In bobular 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. Burning trash is never recommended.
- 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: observe, 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 environment. Use a
- light-weight 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. Use only 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.

For more information and materials:

1.800.332.4100 · www.LNT.org @ Leave No Trace Center For Outdoor Ethics



