



The Leave No Trace Seven Principles

The Leave No Trace Seven Principles provide guidance to enjoy our natural world in a sustainable way that minimizes human-created impacts. The principles have been adapted so you can apply them in your backyard or your backcountry. Learn more from The Leave No Trace Center for Outdoor Ethics: <https://lnt.org/learn/7-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.