

## 7 PRINCIPLES OF LEAVE NO TRACE

### 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**