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LEAVE NO TRACE OUTDOOR ETHICS



Leave No Trace (LNT)

Leave No Trace is a nationwide program to create to educate visitors to America's wild lands about preventing and minimizing ecological impact. Supported by the National Park Service, the U.S. forest Service and funded by dozens of corporations, the Leave No Trace Center for Outdoor Ethics promotes stewardship by offering training programs and workshops, conducting research and acting as a champion for sustainable enjoyment of our public lands.



Leave No Trace-Outdoor Ethics

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The Seven Principles of Leave No Trace

1. PLAN AHEAD AND PREPARE

- Know the regulations and special concerns for the area you'll visit.
- Prepare for the weather.
- Visit the backcountry in small groups.
- Schedule your trip to avoid popular areas during high-use seasons.
- Repackage food into reusable containers before you go to minimize trash.
- Choose equipment and clothing in subdued colors.
- Stay on designated trails. Walk single file in the middle of a trail, even if it's wet or muddy.

2. TRAVEL AND CAMP ON DURABLE SURFACES

On the trail

- Stay on designated trails. Walk single file in the middle of a trail, even if it's wet or muddy.
- Do not shortcut switchbacks.
- When traveling cross-country, choose the most durable surfaces available: rock, gravel, dry grasses or snow.
- Use a map and compass so you don't have to build rock cairns, tree scars and ribbons.
- Step to the downhill side of the trail and talk softly when encountering pack stock.

At camp

- Choose an established, legal site that will not be damaged by your stay.
- Restrict activities to the areas where vegetation is compacted or absent.
- Keep pollutants out of water sources by camping at least 200 feet (70 adult steps) from lakes or streams.
- Good campsites are found, not made. Use existing trails and campsites and keep campsites small.
- Pack everything that you bring into wild country back out with you.

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3. PACK IT IN PACK IT OUT

- Pack everything that you bring into wild county back out with you.
- Protect wildlife and your food by storing rations securely.
- Pick up all spilled foods including spilled leftover foods and trash of any sort.

4. PROPERLY DISPOSE OF WHAT YOU CAN'T PACK OUT

- Dispose of waste properly.
- Deposit solid human waste in catholes dug 6 to 8 inches deep at least 200 feet from water and trails. Cover and disguise the cathole when finished.
- Use toilet paper and wipes sparingly. Pack out toilet paper, wipes and hygiene products.
- Wash yourself or your dishes 200 feet from streams or lakes or camps and use small amounts of biodegradable soap. Scatter strained dish water.
- Inspect your campsite for trash and evidence of your stay. Pack out all trash: yours and others'.
- Treat our natural heritage with respect. Leave plants, rocks and historical artifacts as you find them.

5. LEAVE WHAT YOU FIND

- Treat our natural heritage with respect. Leave plants, rocks and historical artifacts as you find them.
- Enjoy but don't touch cultural artifacts or structures.
- Good campsites are found, not made. Altering a site should not be necessary.
- Control pets at all times. Remove dog feces.
- Do not build structures or furniture or dig trenches.

6. MINIMIZE USE AND IMPACT OF FIRES

- Campfires can cause lasting impact to the backcountry. Use a lightweight stove for cooking and enjoy a candle lantern for light instead of a fire.
- Where they're permitted, fires should be built in fire rings, fire pans or as mound fires.
- Gather sticks no larger than an adult's wrist.

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- Small fires are best and should be made with small sticks that can be broken by hand.
- Put out campfires completely.
- Remove all unburned trash from fire ring and scatter the cool ashes over a large area well away from camp.

7. RESPECT WILDLIFE

- Observe wildlife from a safe distance and never feed animals. Feeding can damage the animals' health and alter their natural behavior.
- Control pets at all times, or leave them home.
- Protect wildlife and your possessions by storing food and trash securely.

8. BE CONSIDERATE OF OTHER VISITORS

- Protect the quality of others' outdoor experiences.
- Let nature's sounds prevail. Keep loud voices and noises to a minimum.
- Camp away from trails and other visitors.
- Avoid trails during snow-melt when the environment is fragile.

WINTER MOUNTAIN

Snow in the winter mountains may seem to cover our use, but observe these points to preserve this environment:

- Avoid trails during snow-melt when the environment is fragile.
- If a trail is impassable, walk on hard surfaces.
- Be respectful of wildlife.
- Dispose of human waste in a hole dug in the snow close to the ground; cover the hole with snow.
- Destroy old snow shelters.
- Pick up and pack out all of your litter.
- On the way out, when your pack is light, pick up litter left by others.