

- 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.



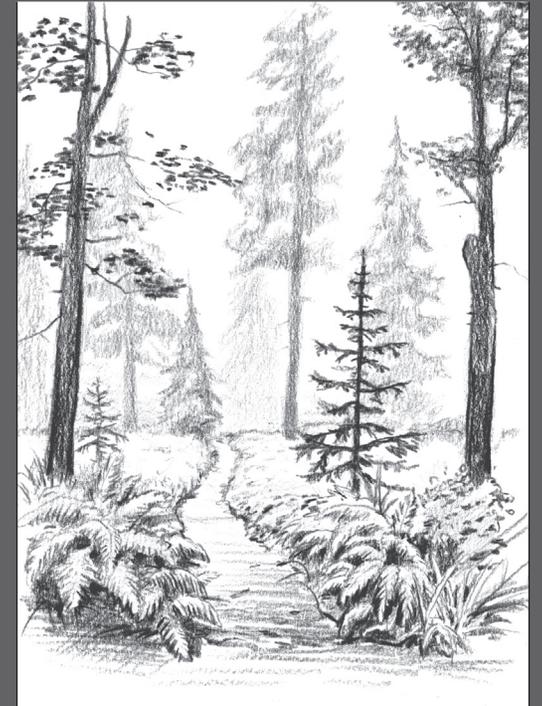
### **LEAVE WHAT YOU FIND**

- Preserve the past: 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.



## **LEAVE NO TRACE PRINCIPLES of OUTDOOR ETHICS**

FROM YOUR BACKYARD TO YOUR BACKCOUNTRY

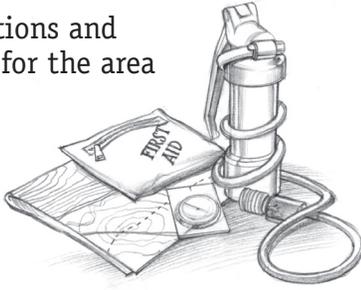


For more information please contact the Leave No Trace Center for Outdoor Ethics at [www.LNT.org](http://www.LNT.org) or call 1.800.332.4100

**LEAVE NO TRACE**  
*Center For 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 marking paint, rock cairns or flagging.



## 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.



## 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.



## 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.