**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**](https://lnt.org/learn/principle-3)

* 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**](https://lnt.org/learn/principle-4)

* 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.