

The Leave No Trace Seven 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 environment. 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.

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TIPS TO IDENTIFY WILDLIFE AND PLANT SPECIES



SEARCH ENGINE TEXT QUERY

Use descriptive terms for your sighting. No picture needed!



IMAGE CLASSIFICATION AI

Run your picture through iNaturalist®, Google® Lens, or other photo ID apps to see if you get a hit.



REGIONAL GUIDEBOOK

Flip through a plant or animal photo book for your area to see if you find a match.



POST TO A DEDICATED FORUM

Share your picture or description with enthusiasts in a local Facebook® nature group or on Reddit® (see r/whatsthisplant and r/animalid).

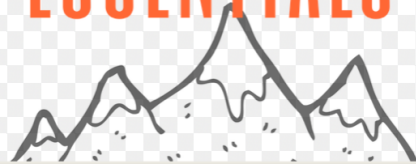


ASK AN EXPERT

Contact the biology department of a local university or a state agency responsible for wildlife management.

Infographics courtesy of *Nature Spirit Walks*
naturespiritwalks.com

10 HIKING GEAR ESSENTIALS



1 Trekking boots that are broken in



2 Sun protection



3 Head torch with spare batteries



4 Comfortable trekking backpack



5 Wet weather gear



6 Warm layers



7 Water bottles



8 Personal first aid supplies



9 Camera & spare batteries



10 Sense of adventure



www.humachairtychallenge.com