

**The seven principles of Leave-No-Trace outdoor ethics**

1. ***Plan Ahead and Prepare***
2. ***Travel and Camp on Durable Surfaces***
3. ***Dispose of Waste Properly***
4. ***Leave What You Find***
5. ***Minimize Campfire Impacts***
6. ***Respect Wildlife***
7. ***Be Considerate of Other Visitors***

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| http://www.traditionalmountaineering.org/images/BD14866_.GIF | **Plan Ahead and Prepare**   |  |  | | --- | --- | | * http://www.traditionalmountaineering.org/images/BD14868_.GIF | * Know the regulations and special concerns for the area you'll visit. | | * http://www.traditionalmountaineering.org/images/BD14868_.GIF | * Prepare for extreme weather, hazards, and emergencies. | | * http://www.traditionalmountaineering.org/images/BD14868_.GIF | * Schedule your trip to avoid times of high use. | | * http://www.traditionalmountaineering.org/images/BD14868_.GIF | * Visit in small groups. Split larger parties into groups of 4-6. | | * http://www.traditionalmountaineering.org/images/BD14868_.GIF | * Repackage food to minimize waste. | | * http://www.traditionalmountaineering.org/images/BD14868_.GIF | * Use a map and compass to eliminate the use of marking paint, rock cairns or flagging. | |
| http://www.traditionalmountaineering.org/images/BD14866_.GIF | **Travel and Camp on Durable Surfaces**   |  |  | | --- | --- | | http://www.traditionalmountaineering.org/images/BD14868_.GIF | * Durable surfaces include established trails and campsites, rock, gravel, dry grasses or snow. | | http://www.traditionalmountaineering.org/images/BD14868_.GIF | * Protect riparian areas by camping at least 200 feet from lakes and streams. | | http://www.traditionalmountaineering.org/images/BD14868_.GIF | * Good campsites are found, not made. Altering a site is not necessary.   **In popular areas:**   |  |  | | --- | --- | | bullet | * Concentrate use on existing trails and campsites. | | bullet | * Walk single file in the middle of the trail, even when wet or muddy. | | bullet | * Keep campsites small. Focus activity in areas where vegetation is absent. |   **In pristine areas:**   |  |  | | --- | --- | | bullet | * Disperse use to prevent the creation of campsites and trails. | | bullet | * Avoid places where impacts are just beginning. | | |
| http://www.traditionalmountaineering.org/images/BD14866_.GIF | **Dispose of Waste Properly**   |  |  | | --- | --- | | http://www.traditionalmountaineering.org/images/BD14868_.GIF | * 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. | | http://www.traditionalmountaineering.org/images/BD14868_.GIF | * 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. | | http://www.traditionalmountaineering.org/images/BD14868_.GIF | * Pack out toilet paper and hygiene products. | | http://www.traditionalmountaineering.org/images/BD14868_.GIF | * 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. | |
| http://www.traditionalmountaineering.org/images/BD14866_.GIF | **Leave What You Find**   |  |  | | --- | --- | | http://www.traditionalmountaineering.org/images/BD14868_.GIF | * Preserve the past: examine, but do not touch, cultural or historic structures and artifacts. | | http://www.traditionalmountaineering.org/images/BD14868_.GIF | * Leave rocks, plants and other natural objects as you find them. | | http://www.traditionalmountaineering.org/images/BD14868_.GIF | * Avoid introducing or transporting non-native species. | | http://www.traditionalmountaineering.org/images/BD14868_.GIF | * Do not build structures, furniture, or dig trenches. | |
| http://www.traditionalmountaineering.org/images/BD14866_.GIF | **Minimize Campfire Impacts**   |  |  | | --- | --- | | * http://www.traditionalmountaineering.org/images/BD14868_.GIF | * Campfires can cause lasting impacts to the backcountry. Use a lightweight stove for cooking and enjoy a candle lantern for light. | | * http://www.traditionalmountaineering.org/images/BD14868_.GIF | * Where fires are permitted, use established fire rings, fire pans, or mound fires. | | * http://www.traditionalmountaineering.org/images/BD14868_.GIF | * Keep fires small. Only use sticks from the ground that can be broken by hand. | | * http://www.traditionalmountaineering.org/images/BD14868_.GIF | * Burn all wood and coals to ash, put out campfires completely, then scatter cool ashes. | |
| http://www.traditionalmountaineering.org/images/BD14866_.GIF | **Respect Wildlife**   |  |  | | --- | --- | | * http://www.traditionalmountaineering.org/images/BD14868_.GIF | * Observe wildlife from a distance. Do not follow or approach them. | | * http://www.traditionalmountaineering.org/images/BD14868_.GIF | * Never feed animals. Feeding wildlife damages their health, alters natural behaviors, and exposes them to predators and other dangers. | | * http://www.traditionalmountaineering.org/images/BD14868_.GIF | * Protect wildlife and your food by storing rations and trash securely. | | * http://www.traditionalmountaineering.org/images/BD14868_.GIF | * Control pets at all times, or leave them at home. | | * http://www.traditionalmountaineering.org/images/BD14868_.GIF | * 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. | |