





A photograph showing several ducklings in a natural setting that is heavily littered with human waste. In the foreground, a large, clear plastic bottle lies on its side. To the right, a crumpled white plastic bag is visible. The ground is covered with various pieces of trash, including a blue and white striped object, a brown bottle cap, and other unidentifiable debris. The ducklings, which have yellow and black downy feathers, are scattered throughout the scene. One duckling is prominently featured in the center-right, looking towards the right. Another is in the upper left, and a third is partially visible in the upper right. The background shows more trash and a rough, grey concrete or stone surface.

We love nature, yet we all  
have an impact.

**Leave No Trace** is one of the world's leading organizations devoted to teaching people how to protect the natural world.

*People trained in Leave No Trace are 5 times more likely to take actions that protect nature.*



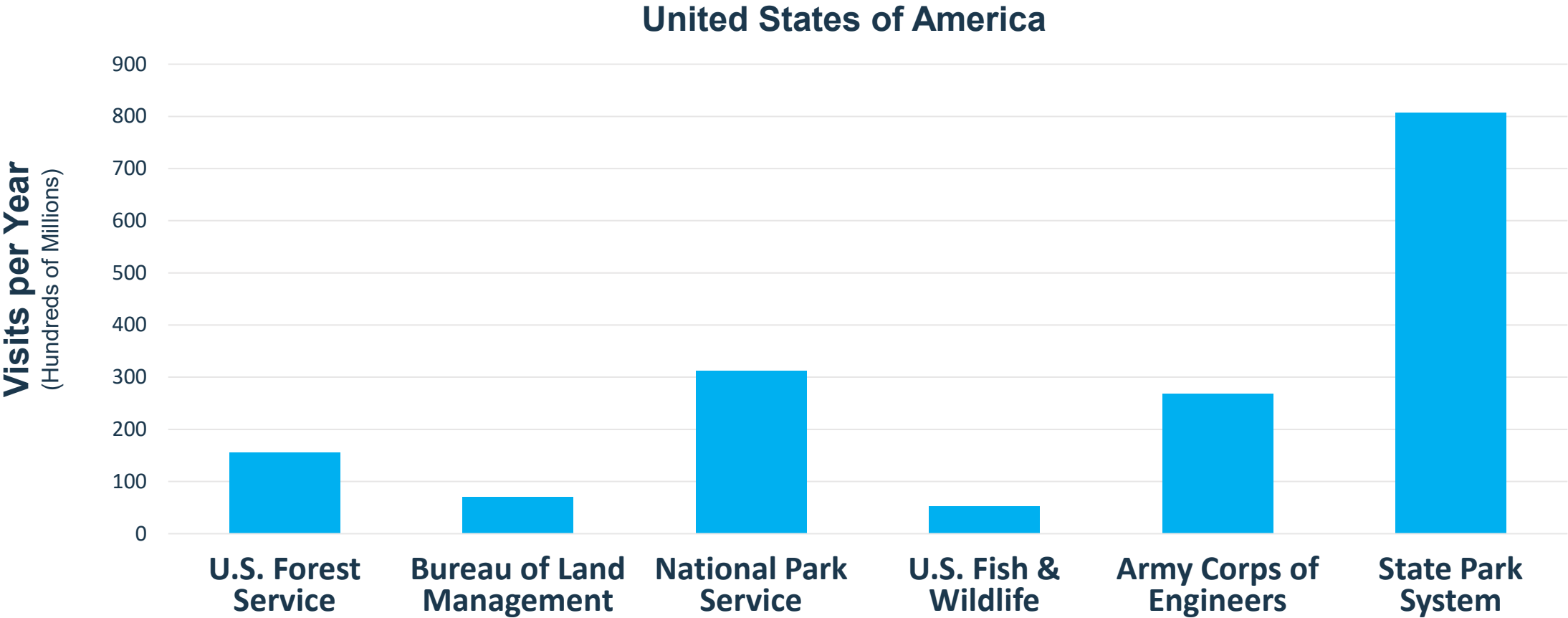
# THE LEAVE NO TRACE SPECTRUM



*Few Impacts*

*Significant Impacts*

# PUBLIC LAND USE





## **THE 7 PRINCIPLES**

- 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 Others**





## PLAN AHEAD AND PREPARE

Be prepared! Remember to bring enough food and water, and clothes to protect you from cold, heat and rain.

Use maps to plan where you're going and consult them often on the trails. Check the forecast before you leave, and be aware of changing conditions.

Remember to bring a leash for your pet and plastic bags to pick up your pet's waste.

Learn about the areas you plan to visit. Read guidebooks, check online sources and talk to experienced people before you go. The more you know, the more fun you'll have.



## TRAVEL AND CAMP ON DURABLE SURFACES

Walk and ride on designated trails to protect trailside plants.

Do not step on flowers or small trees. Once damaged, they may not grow back.

Respect private property by staying on designated trails.

Camp on existing or designated campsites to avoid damaging vegetation and to minimize your impacts.

Good campsites are found, not made. Don't dig trenches or build structures in your campsite.





## DISPOSE OF WASTE PROPERLY

Pack it in, Pack it out. Put litter—even crumbs, peels and cores—in garbage bags and carry it home.

Use bathrooms or outhouses when available. If not available, bury human waste in a small hole 6-8 inches deep and 200 feet or 70 big steps from water.

Use a plastic bag to pack out your pet's poop to a garbage can.

Keep water clean. Do not put soap, food, or human or pet waste in lakes or streams.



## LEAVE WHAT YOU FIND

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Leave plants, rocks and historical items as you find them so others can enjoy them.

Photographs allow you to share the interesting things you find while leaving them undisturbed.

Treat living plants with respect. Carving, hacking or peeling plants may kill them.

Foraging for small quantities of wild food items is allowed in some places but be sure to consult with land managers first.





## MINIMIZE CAMPFIRE IMPACTS

Consider a camp stove—stoves are easier to cook with and create less impact than campfires.

If you want to have a campfire, be sure it's permitted and safe to build a fire in the area you're visiting. Use only existing fire rings to protect the ground from heat. Keep your fire small.

A campfire isn't a garbage can. Pack out all trash and food.

Firewood should be either bought from a local vendor or gathered on site if allowed. Do not bring firewood from home—it can harbor tree-killing insects and diseases. Many states regulate the movement of untreated firewood. Before gathering any firewood on site, check local regulations.

Burn all wood to ash and be sure the fire is completely cold before you leave.



## RESPECT WILDLIFE

Observe wildlife from a safe distance and never approach, feed or follow wild animals. If you are unsure whether you are far enough away you are likely too close.

Human food is unhealthy for all wildlife and feeding them starts bad habits.

When wild animals associate humans with food they develop unsafe and unhealthy behaviors.

Protect wildlife and your food by securely storing your meals and trash. If bear-proof storage units are available in your campsite be sure to use them.





## BE CONSIDERATE OF OTHERS

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Be considerate and friendly when encountering others on the trail.

Keep your pet under control to protect it, other visitors and wildlife.

Listen to nature. Avoid making loud noises or yelling. You will see more wildlife if you are quiet.

Be sure the fun you have outdoors does not bother anyone else. Remember, other visitors are there to enjoy the outdoors too.



A photograph of three hikers on a mountain trail. In the foreground, a woman with a large green backpack and a white sweater looks towards the right. Behind her, another woman in a black shirt points her finger towards the distance. Further back, a man in a blue shirt and red hat is taking a photo with a camera. They are standing on a rocky path with patches of snow. In the background, there are large, rugged mountains with significant snow cover under a bright blue sky with scattered white clouds.

**It's going to take  
all of us.**