

Leave No Trace 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. Split larger parties into groups of 4-6.
 - 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 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.

