

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. Split larger parties into groups of 4-6.
- Repackage food to minimise waste.
- Use a map and compass to eliminate the use of rock cairns, flagging or marking paint.



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 20 metres 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 muddy or wet.
- 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

- Carry it in, carry it out. Inspect your campsite and rest areas for trash or spilled foods. Carry out all trash, leftover food and litter.
- Deposit solid human waste in catholes dug 10-15cm deep at least 20 metres away from water, camp and trails. Cover and disguise the cathole when finished.
- Carry out toilet paper and hygiene products.
- To wash yourself or your dishes, carry water 20 meters away from streams or lakes and use small amounts of biodegradable soap. Scatter strained water away.

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.

Minimise campfire impacts

- Campfires can cause lasting impacts to the wilderness. Use a lightweight stove for cooking and enjoy a candle lantern for light.
- When 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 cold ashes.

Respect wildlife

- Observe wildlife from a distance. Do not follow or approach them.
- Never feed animals. Feeding wildlife damages their health, alters natural behaviours 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.

These main points were copied from the website <http://www.Int.org/> (for more information)