



LEAVE NO TRACE: 7 PRINCIPLES CHEAT SHEET

Plan Ahead and Prepare

- ☐ Research the area for regulations, weather, terrain, and potential hazards.
- ☐ Bring proper gear, maps, food, and water; plan for emergencies.
- ☐ Travel in small groups to reduce your impact.

Travel and Camp on Durable Surfaces

- ☐ Use established trails and campsites to avoid damaging fragile areas.
- ☐ Camp at least 200 feet (60 meters) from water sources like lakes, the ocean and streams.
- ☐ Choose surfaces such as rock, gravel, dry grass, or snow to minimize your footprint.

Dispose of Waste Properly

- ☐ Pack out all trash: food scraps, grey waste and litter.
- ☐ Dig holes 6 to 8 inches deep for human waste, at least 200 feet from water and trails.
- ☐ Pack out all toilet paper and hygiene items.

Leave What You Find

- ☐ Do not remove natural or cultural items (like rocks, plants, or artifacts).
- ☐ Avoid altering the site (digging, building structures) or take it apart when you go home.
- ☐ Prevent spreading invasive species—clean gear for seeds for example, before and after trips.

Minimize Campfire Impact

- ☐ Use a camp stove or established fire ring whenever possible.
- ☐ Burn only small sticks found on the ground; keep fires small.
- ☐ Fully extinguish fires, scatter cold ashes, and never leave a fire unattended.

Respect Wildlife

- ☐ Observe wildlife from a distance; never approach or feed animals.
- ☐ Store food, trash, and scented items securely.
- ☐ Control pets or leave them at home to avoid disturbing wildlife.

Be Considerate of Other Visitors

- ☐ Keep noise levels down; let nature's sounds dominate.
- ☐ Yield to others on trails and avoid blocking paths.
- ☐ Leave the area better than you found it to enhance everyone's experience.

