

Did you know?

The Seven Principles of Leave No Trace provides an easily understood framework of minimum impact practices for anyone visiting the outdoors. Although Leave No Trace has its roots in backcountry settings, the Principles can be applied anywhere outdoors.

What you need: Paper, Pencil or Crayon and the 7 Principles

Seven Principles of Leave No Trace:

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| 1. Plan Ahead | 2. Travel & 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 | |

Action Steps:

Read all principles and create a hike/walk and wildlife observation in your neighborhood.

- 1. Make a map.**
- 2. Mark your walk on your map.**
- 3. Prepare pre-plan communications –bathroom, leave nature, observation goals, length of trip.**
- 4. Mark where you will stop for your wildlife observation**
- 5. How will you record your observations/**
- 6. Enjoy and have fun!**

LNT Principle 1

Plan ahead

- **Planning and preparation helps everyone have a safe and enjoyable experience in the outdoors.**
- **Prepare as you and your group to Leave No Trace and minimizes impact to nature.**
- **Increase confidence and opportunities to learn more about nature.**

Elements to consider; weather, path surface, rules, boundaries, meals and snacks

Seven Principles of Leave No Trace

Action Steps:

- **Plan a walking/hike trip in your neighborhood**
- **What is your route? Make a map**
- **What type of surface will you be walking on?**
- **What are you going to learn or hope to observe?**
- **How long will your walk take? 15min, 30 min?**
- **Weather?**
- **Clothing to wear?**
Any environmental needs? Umbrella, boots, winter coat or spring jacket, layers?
- **What could cause you to postpone your walk?**

LNT Principle 2

Travel and camp on Durable surfaces

The goal of travel in the outdoors is to experience nature without damaging the land, and waterways.

- **Walk on path, trail, side walk**
- **Puddles are water source for critter. Help the critters not walking through the water.**
- **Set up tents in a spot that will leave the least amount of impact; choose sand, crushed rock, or gravel. Let the vegetation live.**

Seven Principles of Leave No Trace

Action Steps:

- **Plan a walking/hike trip in your neighborhood.**
- **Make a map of your route. And specifically choose where you will walk.**
Cross streets at corners,
- **If you go to a park are there trails to follow to minimize impact on nature?**
- **Is surface large enough for your entire group?**

LNT Principle 3

Dispose of Waste Properly

Proper disposal of waste is important to avoid pollution, harm to animals and beauty of nature

- **Carry in carry out—what ever you take with you bring it back home.**
- **When you eat you will have trash. Collect the trash in a bag and take it back home with you.**
- **Plan bathroom breaks and use read room before you begin.**

Seven Principles of Leave No Trace

Action Steps:

- **Plan a walking/hike trip in your neighborhood. How will you leave nothing behind on walk?**
- **Will you have a bag to collet your trash? Who will carry it?**
- **Are there restrooms on your plan? What if someone has to use a rest? What will you do? How can you avoid the need for a bathroom?**

LNT Principle 4

Leave What you Find

Leave areas as you found them or better.

- Do not dig holes throw rocks or move items
- Avoid damaging trees, plants, grass, flowers
- Take a photo or draw a picture of flowers. Leave the vegetation for others to enjoy
- Pick up trash, recycle what you can and dispose of trash

Seven Principles of Leave No Trace

Action Steps:

- Plan a walking/hike trip in your neighborhood. How will you leave the areas and better as you found them?
- Will you have a bag to collect your trash? Who will carry it?

LNT Principle 5

Minimize Camp Fire Impact

Use of camp fires are deep in tradition when camping

- **Use fire rings**
- **Be aware of restrictions**
- **Avoid damaging trees, plants, grass, flowers**
- **Have a water filled bucket near by**
- **Pick up area so you do not burn things.**

Seven Principles of Leave No Trace:

Action Steps:

There are no action steps for this principle at this time. Fires are mainly used when camping. Remember fires can hurt and destroy land, vegetation and animals. Fires can be safe with permission and supervision by an adult.

LNT Principle 6

Respect Wildlife

Learn about wild life through quiet observation. This takes practice!

- **Do not disturb wildlife or plants to take a closer look.**
- **Quick movement and loud noises are stressful and will scare wildlife.**
- **Sick or wounded animals may bite, peck or scratch. Do not touch but do tell an adult.**
- **Do not touch or move baby animals their parents know what is best for them.**

Seven Principles of Leave No Trace:

Action Steps:

- **On your walk plan for 1–2 minutes wild life observation.**
- **Remember to be quite and as still as possible.**
- **View them in their habitat and do not move plants, grass or trees to get a better look/**
- **If you are lucky you will see and hear birds and squirrels . Take notice are they “calling to each other like echo? Are they eating , flying or walking on ground, or in a tree fence, tree.**
- **Take an explorer note book and record what you see. Bugs are fun to watch too.**

LNT Principle 7

Be considerate of Others

An important component of outdoor experience is courtesy towards others. This helps everyone to enjoy the outdoors.

- **Do not disturb others in the outdoors, everyone has different interests**
- **Keep noise to a minimum**
- **If you are heading down a hill step aside and let the up hill walkers go first.**
- **If you are traveling faster than the person in front of you make your presence known before you pass. Example: Let the other person know by saying what side you are going to pass on . “to you left”**

Seven Principles of Leave No Trace

Action Steps:

- **Before you go on your walk discuss ways that you will be considerate of others.**
- **Noise level, blocking trails or side walks, how will you get attention of your group without yelling.**