

	<p>1. Plan Ahead and Prepare (Tip: take a picture of the trailhead map)</p> <ul style="list-style-type: none"> • Know the goals of the trip, day hike, or backpack • Check the weather • Prepare for emergencies • Follow the trailhead rules and regulations • Know the terrain <p><i>Why? To make sure everyone is safely enjoying their time in nature.</i></p>
	<p>2. Stick to Trails</p> <ul style="list-style-type: none"> • Stay on designated trails • Hike single file in the middle of the trail • Don't shortcut switchbacks <p><i>Why? Stay on the trails to prevent damage that takes nature years to heal!</i></p>
	<p>3. Dispose of Waste Properly</p> <ul style="list-style-type: none"> • Pack it in; pack it out! • Use trash receptacle • Dispose of human waste 200 feet away from trails, campsites, and water sources • Dig a 6-inch cathole for human waste • Always use biodegradable soap! <p><i>Why? Waste left behind may affect other people, water, and wildlife.</i></p>
	<p>4. Leave What You Find</p> <ul style="list-style-type: none"> • Observe, photograph, leave behind nature's treasures! • Don't pick flowers or pocket fossils or rocks • No graffiti on rocks or trees <p><i>Why? So others can enjoy what you did.</i></p>
	<p>5. Minimize Campfire Impact</p> <ul style="list-style-type: none"> • Use an existing fire ring • Use only sticks from the ground that you can break with your hands • Burn wood and coals to ash • Douse your fire with lots of water <p><i>Why? To prevent wildfires!</i></p>
	<p>6. Respect Wildlife</p> <ul style="list-style-type: none"> • Never feed wildlife • Keep a school bus distance away • Never throw things • Leash your pets • Store food properly when camping <p><i>Why? Human interaction may damage their health and change their natural behavior!</i></p>
	<p>7. Share the Outdoors</p> <ul style="list-style-type: none"> • Be respectful and courteous to others • Avoid loud voices and noise • Don't throw rocks • Step aside for faster & uphill hikers • Bikers! Ring a bell as you approach <p><i>Why? It helps everyone enjoy a quality experience connecting with nature.</i></p>