

# Leave No Trace 7 Principles

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