



Leave No Trace

— Camping List —

Live The Journey



1. Plan Ahead and Prepare:

- Research the camping area and its regulations.
- Pack essential items like maps, compass, first aid kit, and weather-appropriate clothing.
- Minimize waste by using reusable containers and reducing packaging.

2. Travel and Camp on Durable Surfaces:

- Stick to established trails and campsites.
- Camp at least 200 feet away from lakes and streams.
- Use existing campsites and avoid creating new ones.

3. Dispose of Waste Properly:

- Pack it in, pack it out. Carry all trash, including food scraps and litter, out with you.
- Use established toilet facilities where available. If not, dig a cathole 6-8 inches deep and at least 200 feet away from water sources, trails, and campsites.
- Pack out toilet paper and hygiene products.

4. 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.

5. Minimize Campfire Impact:

- Use a lightweight stove for cooking and enjoy a candle lantern for light.
- Where 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 cool ashes.

6. Respect Wildlife:

- Observe wildlife from a distance. Do not follow or approach them.
- Never feed animals. Feeding wildlife damages their health, alters natural behaviors, and exposes them to predators and other dangers.
- Protect wildlife and your food by storing rations and trash securely.

7. 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.

