

“From the High Country Janitor”

A Bum Rap Session

By Lou Antahades

You in my face “Leave No Trace”

Total disgrace: mess this place

You so strong hike a case of beer

Why do you leave your empties here?

You sure got a lot to learn

You think Plastic likes to burn

See that tent, so nice and quiet?

Turn up boom box start a riot

Wash your dishes in a stream

Do you hear the fishy scream?

Don't plan ahead don't prepare

Next day have no underwear

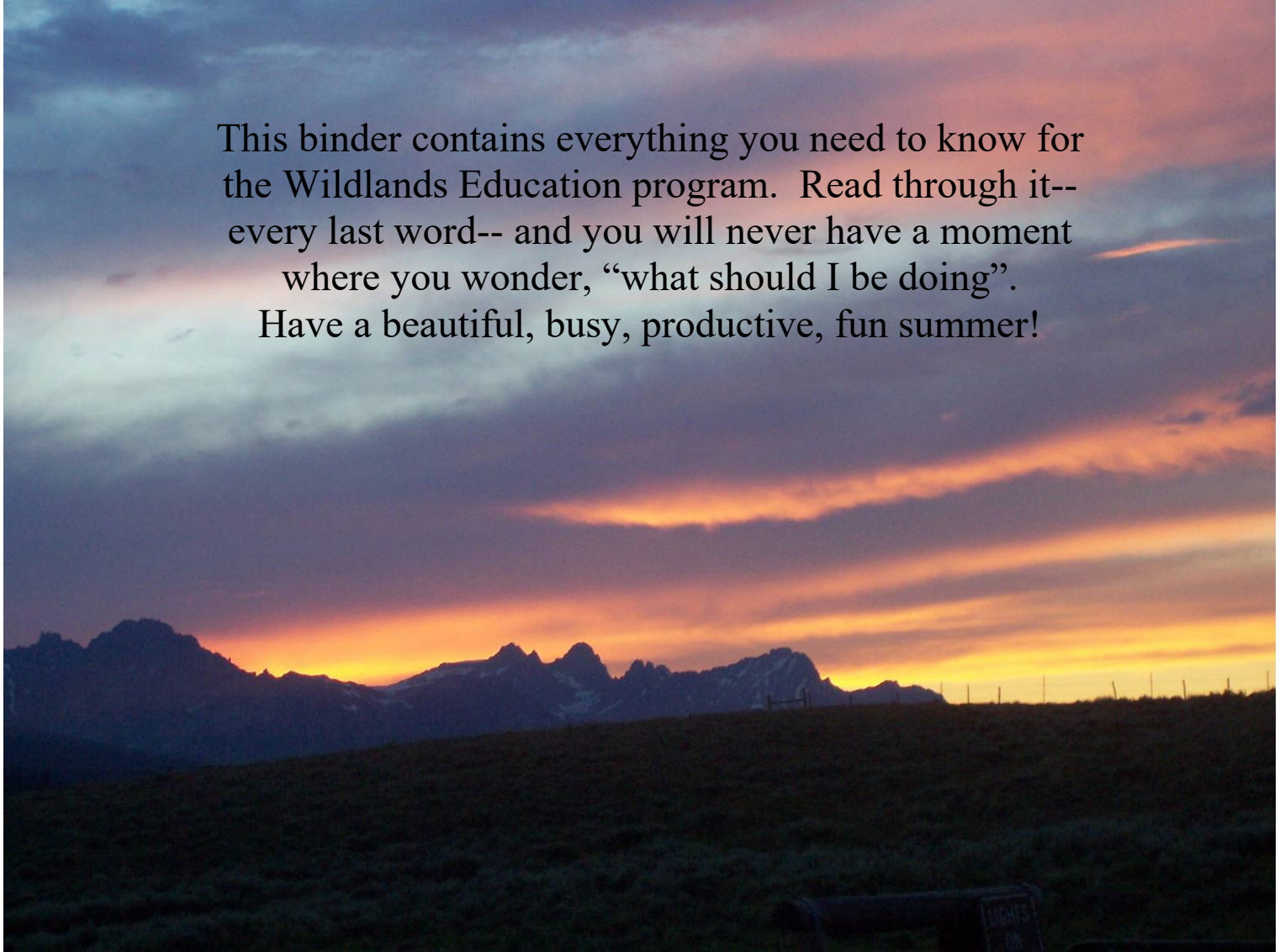
Tell me Dude, how do you do?

(All Pause)

What you do with the other shoe!

Welcome

This binder contains everything you need to know for the Wildlands Education program. Read through it-- every last word-- and you will never have a moment where you wonder, “what should I be doing”. Have a beautiful, busy, productive, fun summer!



Ranger Station Contacts

The frontliners at the ranger station see many people visiting this area everyday. They have the chance of interacting with and affecting the way they recreate more than we are able to most of the time. They can help get the education message out if you ask for their help and provide them with materials to hand out to visitors. Make sure the Ranger Stations (both HQ and Stanley) are well stocked with Large Group and Stock User Guides, Can I have a campfire brochure, and any appropriate LNT literature. It is not enough that these materials are sitting in the RS, the frontliners all need to know what they are and when they need to give them out. (ex every time an over-night stock permit or large group permit is issued, a Stock User or Large Group User Guide needs to be given as well.)

Thursday and Friday are good days to be in the Ranger Station if you have nothing else to do because these are typically some of their busiest days. Help answer questions about backcountry use, and use of SNRA in general, and always throw a little something in about LNT and how they can minimize the impact of their use. Being in the ranger station will help frontliners learn more about LNT, what the education program is all about and why it is important. You also have the opportunity to catch large groups (Boyscouts!!) that are picking up a permit or information the day they are planning on going out, and do a program with them before their permit is issued. Families, or anyone else interested (church groups!) should also be informed that programs are available free, and they have games and prizes. Try to reach as many people as possible.

You could set up a trip planning station in the Ranger Station to help inexperienced backpackers how to “plan ahead and prepare” for a low-impact trip. Include essential gear, When Nature Calls Kits, map tips, bear hang, dog leash, permits and anything you think would be helpful for a well-planned backpacking trip.



Key 3

Safety, Campfires & Waste

In talking with our Rangers and the rest of the backcountry crew, we identified three main areas of negative impact that we see the most often and that create the biggest problems for us and discontentment for visitors. When giving a program or workshop focus on these three key concepts in order to make all of our jobs easier and for better backcountry experiences for everyone.

Safety

Being a smart and prepared camper (principle #1 Plan Ahead and Prepare) can not only increase individual safety but also allows for a more pleasant trip and fewer impacts in the backcountry. Having a well planned trip and leaving an itinerary with a responsible person can increase your chances of survival and recovery in the event a search and rescue is needed. It also decreases your chances of getting lost and entering unnecessarily difficult terrain. In addition to knowing where you are going it is also important to protect your health by using a water filter, carrying a first aid kit, sunscreen and bug spray if necessary.

Campfires

The use of campfires, once a necessity for cooking and warmth, is steeped in history and tradition. Some people would not think of camping without a campfire. Campfire building is also an important skill for every camper. Yet, the natural appearance of many areas has been degraded by the overuse of fires and an increasing demand for firewood. The development of lightweight efficient camp stoves has encouraged a shift away from the traditional fire. Stoves have become essential equipment for minimum-impact camping. They are fast, flexible, and eliminate firewood availability as a concern in campsite selection. Stoves operate in almost any weather condition, and they Leave No Trace. If you must have a campfire, however it is important to do so in an appropriate manner. Check the regulations, use a fire blanket or fire pan properly (see campfire brochures for trailheads), and Never put anything but wood in your campfire.

Waste

We have all heard the old mantra “Pack it In, Pack it Out” and in *most* cases, *most* people tend to follow this rule, at least with large pieces of trash. The problem then becomes one of microtrash (small pieces of litter, think the corner of a granola bar wrapper or a fruit sticker). Often this microtrash is left simply because it is easily overlooked. Your job is to increase awareness of this small but accumulative problem. Take time to really look around at campsites and trail heads, the amount of microtrash might astonish you.

The other main problem we have seen is with disposal of human waste, namely poop. Our rangers have run into a varrying array of poop mines. Some covered in rock cairns, some on top of plastic bags, some inside plastic bags, and some completely uncovered and waiting to be stepped in. Teaching people how to properly dig and use a cathole is crucial to minimizing impacts and groseness factor in the backcountry.

Problem Areas

Boyscouts

Although the scouts have a well defined outdoor ethic, and the literature generated by the organization promotes preparedness and stewardship of the land, the BSA is continuously one of the worst groups we have to deal with in terms of complying with regulations and LNT practices. This summer we had several complaints from other visitors about the noise level, illegal or poor campfire usage, and appropriateness of campsite selection of Boy Scouts in the backcountry (one lady even reported being crowded out of her campsite and having to move!).

Reports of backcountry atrocities committed by Scouts are fairly consistent between land management agencies but we have some great stories from the SNRA alone. One year a group of boy scouts wanted to see a bear. To attract the bear they smeared peanut butter and honey on trees and logs near their campsite. A bear did show up and while fortunately no Scouts were hurt, the bear became increasingly habituated to human food and had to be killed. Another story goes that a Scout group (not in our forest) was told that if they see a bear they should throw rocks at it to scare it away. Well, they did encounter a bear, and they did throw rocks at it. The problem was the bear was a cub, and the rocks they threw were the size of baseballs.....they ended up stoning the bear cub to death. The stories of laboriously built log cabins, lean-tos and stone masonry fireplaces are countless.

This is a group that is imperative to reach. Do everything you can to get the message across both to the frontliners and to the Scout groups themselves that they NEED a program before going into the backcountry, wilderness or not. Call all the local councils and try to arrange programs, or get them to encourage charters and troops to get LNT programs.

Horse/Stock Users

The use of stock is allowed in most areas of the SNRA. Cultural and historic ties to this type of backcountry use run deep in this area. There are many outfitters that lead guided trips and pack groups into the backcountry using horses, mules, llamas, and goats.

As stock use increases so do the noticeable impacts. Animals being tethered to trees for too long leaves marks and can girdle a tree (cutting off the phloem from its normal path to the roots) causing it to die. Grazing of animals can be devastating to fragile and sensitive alpine species such as Mountain Heather and Grouse Whortleberry. Horse shoes have the potential to tear up trails and campsites turning the top layers of earth into dust void of vegetation. Feed for stock has the potential of transporting noxious weed seeds into the backcountry, and if left unattended can attract and habituate wild animals.

Trying to get this particular user group to attend LNT programs (with the exception of Mystic Saddle—they rock!) or even sign in at trailhead boxes has been tricky in the past. They are however a very important group to reach. High lines should be installed in the backcountry sometime this season. Encouraging all stock users to use the high lines and the provided stock camps helps save trees and concentrates impacts in approved/appropriate locations. Emphasize the importance of certified weed free feed as well as checking vehicles and animals for renegade seed.

It is also important not to go at this group with all the things they could potentially do wrong. Also talk about trail courtesy, dogs on leash and any other concerns they have. Gather ideas of how to make things better/easier on them and how we can work together to achieve our respected goals.

High Use Areas

As with any other Recreation Area or forest we have the highest use concentrated in a few locations, typically lakes with the easiest access. The high concentration of users in these areas correspond to larger impacts. These areas have the most litter, the most and dirtiest campfire rings, and large areas of impacted campsites.

Visitors of these lakes are an important group to target due to the ‘monkey see monkey do’ principle. Areas that have already been impacted with litter, or campfires in inappropriate places seem to imply to the average hiker that this type of behavior is allowed and acceptable. In order to ensure that these places will continue to maintain their natural character and beauty, we need to reach as many visitors as possible.

The following is a list of some of the most impacted lakes in the SNRA. It is a good idea to hike these trails and visit the lakes to talk to hikers and campers. The trailheads that lead to these lakes are great places to do trailhead contacts especially over extended weekend (thurs-sun) and high use times.

Sawtooths

- Toxaway, Alice and Twin Lakes
- Alpine Lake (Redfish Canyon)
- Ardith and Spangle Lakes (S. Fork Payette)
- Bench Lakes
- Hell Roaring
- Goat Lake (Iron Creek)

Boulder/White Clouds

- Fourth of July
- Walker Lake
- Frog Lake
- Baker Lake

How to get Programs

Large Group Contacts

Frontliner training is crucial. Developing a relationship with all frontliners from HQ, Redfish and Stanley is very important. They need to know exactly who you are and what you do. It is also important to discuss with them what you need from them to help you out with your job. Tell them about your educational programs, why they are fun, why it is important that people really understand and practice these principles. Communicate how much impact their job has on what goes on in the backcountry including; how much trash the rangers have to pack out and how many campfire rings they have to disassemble.

Every time frontliners get a call for a large group permit or from a group asking questions about backcountry use, they should get contact information and mention that one of the Education Rangers will be calling them to schedule a program at a later date, at which time they should send (fax) you a contact sheet. Programs should be presented by the frontliner as if they are required to obtain the permit.

Try to call visitors as you get contact sheets in. The sooner you can get to them the better. Be friendly but sternly persuasive. When scheduling a program emphasize the fun interactive features as well as highlighting games and prizes. Be flexible and willing to accommodate, be prepared to do a program anywhere that works for them (trailhead, frontcountry campground, their home town, the ranger station, etc.), and any time that works for them (if it is the only time they can do it, then just do it....you can always work it into your timesheet).

Organizations and Camps

At the beginning of the year it is a good idea to call all of the camps and group organizations that you can to try and schedule or promote LNT programs offered by the SNRA. Boy scouts are especially important to contact for programs. Groups such as Backcountry Horsemen, and our outfitter and guide companies are also important user groups to have programs with. You can find names and numbers for most of these in the next section – Phone List. When contacting these groups explain to them how important it is for groups that are frequent users of the backcountry to not only practice LNT to help minimize impact but also because they set an example for other visitors that reflects on their organization.

Frontcountry

It is just as important to contact and teach frontcountry users about LNT principles as it is to reach backcountry users. You never know who will be using the backcountry in the future, or how many children will be able to develop a personal outdoor ethic they will carry with them for the rest of their lives.

At the beginning of the year talk to Bernie (or whoever is in charge of campfire programs at Redfish) and ask to do a once a week frontcountry program (Thursday seems to be a good day). An adapted version of Impact Monster would work great for this.

What if I Don't Have a Program Today?

Take a Hike!

The Sawtooth, Boulder, and White Cloud Mountains are stunning, get out there and enjoy them. Check out the list of day hikes in the office and visit all the most impacted lakes (they are still beautiful!). Coordinate a day that you can go on a pony ride with the riding ranger or Deb. It gives you an entirely different perspective on the trail and allows you to better reach a different user group.

Talk to hikers, backpackers, and horse riders (wear your uniform, people will be much more willing to talk with you). Try to spark a conversation in which you can mention LNT principles, and FS regulations. Again the Key 3 should be your main focus. Check the section in the binder on trail contacts for ideas and tips on how to approach people.

Set up a Trailhead Table

The more people you can reach the better. Trailhead tabling can be a great way to reach a lot of people especially at high use trailheads and on weekends. Grab a bunch of gear and props, a table, a LNT sign, a great attitude and set up camp. Check out the binder section on Trailhead Contacts for ideas, the volunteers have some great ideas for this as well.

Make Leashes/When Nature Calls Kits

It seems the need for more leashes (for trailheads) and When Nature Calls Kits is inexhaustible. And although this type of work seems monotonous and boring, it's a great sunny day activity because you can sit on the front porch, its also good for a day when you aren't feeling too great (like the morning after a big party☺).

P-cord for the leashes is kept in the warehouse; washers and the soldering iron (to cut p-cord) are located in the shop. If you have any questions as to where these things are Deb is a great resource.

All the materials for When Nature Calls Kits (lovingly referred to as "Shit Kits" by Ed. Crew) are located in a marked box on the bottom shelf by the front door. Paper inserts are in a folder on the computer, and also in the filebox under 'Originals'. You might be able to find additional plastic baggies in the warehouse.

Program Ideas

Come up with new brilliantly clever and effective program ideas, or overhaul old programs to make them fresh, new, and more useful. Some of the props are getting worn and outdated. Refurbish the prop supply and come up with new ideas for props. Better props are definitely needed for Principle #6 & #7. So if you can think of anything good for respecting wildlife and being considerate of other visitors; that would be great.

Phone List

Hiker

Sierra Club Northern Rockies Chapter

P.O. Box 552
Boise, ID 83701
208-384-1023
northern.rockies.chapter@sierraclub.org

Atkinson's Park Camp

John Carney
726-7820
www.ketchumidaho.org

Cabin Creek—Twin Falls LDS Stake *Near Alturas Lake*

Terry McCurdy 692 Mountain View Dr. Twin Falls, ID
(home) 736-0957 (work) 734-6181

Camp Manapu—Carey LDS Stake *8 mi North of Ketchum to SNRA HQ, then 6 mi up North Fork Rd.*

Owen Scanlon 110 Angela Dr. Hailey, ID 83333
(home) 788-9788 & 726-9392

Camp Perkins—Lutheran Ministry *Alturas Lake area on Perkins Lake*

Bob LaCroix PO Box 1965 Hailey, ID 83333
788-0897 & 774-3372 (Camp)

Camp Sawtooth—Presbyterian *8 mi North of Ketchum, then 1 mi up North Fork Rd.*

Ted & Debbie Davis (Directors) (262) 502-0199 (winter only)
John Seale (Camp Maintenance) 1515 Cleveland Blvd Caldwell, ID 83605
459-2357 (home: John) & 989-6328 (cell: John) & 726-1155 (Camp)

Cathedral Pines—Idaho Baptist Convention *14 mi North of Ketchum on Hwy 75*

Todd Peterson HC 64 Box 8296 Ketchum, ID 83340
726-5007 & 726-3872

Central Idaho 4-H Camp *17 mi North of Ketchum off Hwy 75*

Karrie Ricketts 511 East 300 South Jerome, ID 83338
(cell) 320-2223 (work) 736-0716

Galena Kids' Camp

Kim Jacobs (primary contact) & Chaz
720-5205 (cell) & 726-4010 (lodge)

Luther Heights Bible Camp *Alturas Lake Area*

Eric Olsen PO Box 389 Shoshone, ID 83352
886-7657 & 774-3556
lheights@mindspring.com

Riverstone Community School *Boise*

Ben Brook

424-5000

Sawtooth Mountain Guides *Stanley*

Kirk Bachman, Director & Julie Meissner, Chief Guide

PO Box 18 Stanley, Idaho 83278

774-3324

Erik Leidecker, Guide

erikl@sawtoothguides.com

Smokey Lodge—Wendall LDS Stake *Near Alturas Lake*

Roger Cheney 2178 East 1775 South Gooding, ID 83330

934-5710 & 774-2252 (Camp)

Horse

Backcountry Horsemen

Bill Clementz, President—*Salmon River*

PO Box 513 Salmon, Idaho 83467

756-2347

Carl Bontrager, President—*Sawtooth*

PO Box 144 Bellevue, Idaho 83313

788-2526

Galena Stage Stop Corrals (Mystic Saddle) *Galena Lodge*

726-1735

Redfish Lake Corrals (Mystic Saddle) *Stanley: Redfish Area*

(day) 774-3311 (evening) 774-3591

Mystic Saddle Ranch *Sawtooth Wilderness Pack Trips*

Deb & Jeff Bitton 909 Fisher Creek Rd. Stanley, Idaho 83278

774-3591 (toll free) 1-888-722-5432

www.mysticsaddleranch.com

deb_bitton@mysticsaddleranch.com

Pioneer Mountain Outfitters *Stanley*

Devon

774-3737

pmo@magiclink.com

Sawtooth Wilderness Outfitters *Grandjean Area*

Darl, Kari and Cody Allred PO Box 81 Garden Valley, Idaho 83622

(winter) 462-3416 (summer) 259-3408

www.sawtoothadventures.com

Valley Ranch Outfitters *Stanley*

Randy Baugh PO Box 1066 Bellevue, Idaho 83313

(summer) 774-3470 (winter) 720-4662

White Cloud Outfitters *Challis, Idaho*

Mike Scott & Louise Stark PO Box 217 Challis, ID 83226

879-4574

www.whitecloudoutfitters.com

info@whitecloudoutfitters.com

Scout

Camp Bradley Boy Scout Camp *Salmon-Challis NF 18 mi West of Stanley off Hwy 21*

Snakerivercouncil.org, click Camp Bradley, click Program Director

Ed Jones

ejones@bcamail.org

733-2067 (regional office) 254-381-7534 (satellite phone: *dire* emergencies only!)

Grand Teton Council

574 4th St.

Idaho Falls, ID 83401-3988

Phone: (208) 522-5155

Snake River Council

2988 Falls Ave. East

Twin Falls, ID 83301-8423

Phone: (208) 733-2067

Ore-Ida Council

8901 W. Franklin Rd

Boise, ID 83709-0638

Phone: (208) 376-4411

General LNT Program

*“I hear, and I forget
I see, and I remember
I do, and I understand.”*

-Chinese Proverb

More than anything programs should be fun and interactive while maximizing the amount of information each participant will take with them and use every time they enter the backcountry. Use candy as an incentive to answer questions and as prizes....kids love this.

Protocol

- Introduce yourself: Hi my name is I work for the Sawtooth National Recreation Area with the Wildlands Education program.
- Count the number of people who attend
- Take photos during presentation
- Record the numbers off the LNT scales (before and after)
- Have a couple participants fill out an evaluation
- Pass out When Nature Calls Kits
- Thank participants for coming

Equipment for presentations

- LNT poster
- Camera
- Table
- Markers
- Pencils
- Prizes
- Candy
- Scales
- Evaluation Sheets
- LNT Hang Tags
- LNT Booklets/Pocket Guide
- Permits
- Wilderness Regulations
- When Nature Calls Kits

Supplies and Props

Activity sheets for programs are found in this binder as well as in the filebox in a file marked ‘Programs’. Most general props can be found in the big black file cabinet in the appropriate section by LNT principle. Additional supplies and props specific to a program are located in a box marked ‘Programs’ underneath the shelving by the front door.

When Nature Calls Kits

*These kits are a fun and effective way to help demonstrate and remember how to properly dispose of human waste in the backcountry. Don't just pass them out at the end of the program try and include them as part of the program. Explaining each component helps make the idea fresh in their minds and increases the likelihood that they will go back to the kit for later reference. Don't be afraid to talk about poop and pee and make everyone feel welcome to ask as many questions as they need to. The book *How to Shit in the Woods* is a good reference for these types of talks. Make sure you can explain why to dispose of waste properly; for the ecosystem, and consideration of other users.....what would it look like if the more than 2,000 people that use Hell Roaring Lake every summer each pooped at the lake once leaving it uncovered?*

Kits contain:

When Nature Calls....How Will You Answer? Cathole instructions
Small bottle of Purel
Baggie of toilet paper
Baggie for used toilet paper
Essential gear lists
LNT hang tag

Mini Program Idea

Hand out Kits and explain that it is also a tool that will help remind them of all 7 principles of wilderness ethics. It is also something fun and educational they can make with/for their scouts or groups.

- Plan ahead and prepare: Essential gear lists
- Dispose of waste properly: Baggies for used TP and step by step guidelines
- Respect wildlife: Packing out TP and other trash prevent animals from scattering it around making a bigger mess as well as eating it. Show bag of trash filled scat.
- Be Respectful of other visitors: Gross factor of "alpine lotus". Show an example dirty brown TP "flower".
- All: LNT hang tag. Keep it on your backpack to help remind you of the principles we learned about today, every time you go hiking.

*Kits and materials to make kits are found on the bottom shelf near the front door

Galena Lodge Kids Camp

For this program you'll hike briefly to Titus Lake and meet the kids, or meet up with them ahead of time and hike with them along the Gladiator Trail and do your program there. There are usually about 18 or more kids and 4 councilors. The programs are typically scheduled for Friday morning. This creates an interesting challenge as the camp has its overnight Thursday and the kids are rowdy from being up late and being away from their parents for more than a day (the councilors are usually pretty wiped out as well). A one hour program is anticipated by the councilors, and you can expect the hike in/hike out to take 20-30 minutes. Make sure you allow yourself enough time for set up.

The kids at Galena are pretty savvy. Many have been coming for several years. They are experts on the "fun" quality of the Forest Service's LNT performance (and have come to expect some sort of candy reward). Many come week after week so you'll want to vary your games or activities. It can be challenging to come up with a different good program for each week, so think about it and plan ahead of time. Anything that involves volunteers or active participation is always a good bet. Some programs take longer to develop because you may have to make new props and find equipment. Do something active and engaging and, if you can, always give prizes (and make sure they don't drop them on the way back).



STOCK



USER

LNT Horse Users Skills Challenge

This program involves moving around answering questions for each of the 8 stations. If you have a large group divide into smaller 'teams' and hand them cards designating the order in which they will follow the circuit: i.e. "1,2,3,4,5,6", "4,5,6,1,2,3". This challenge is specially designed for horse and stock users but is easily adapted to any group. There are variations in each program section of this binder.

Plan Your Trip

Supplies: Sheet of different trip options, sleeping bag, sleeping pad, raincoat, map, knife, sling shot, cell phone, water filter, first aid kit, backpack

Choose a trip from the three different options. Decide what you'll want to bring on the trip and put it in the backpack. Write down all of the information that you will need to gather before your trip. Plan one meal and how you'll carry it.

Is that durable?

Supplies: Meadow or grassy area

Have your group walk in a single file line in the grass for 100 feet. Then retrace your steps back to the start. Witness the creation of a satellite trail. This is why it is so important to stay on the trail. There are three choices on where to put your tent. You must choose the best surface to set up camp on.

Pack it out patrol

Supplies: Flags and a trowel

Your group is spending the night at this campsite. Each member must grab at least one flag (which represents going #2) and walk 200 feet away and plant the flag in the ground. One member of your group must dig a proper "cathole" and leave it uncovered for judging. Someone before you left your camp a mess. Pick up after your fellow camper so that you can leave it better than you found it.

Archeological Dig (leave what you find)

Supplies: Archeological artifacts such as bones, old tin cans, etc. Be creative in props and set up

Observe the surrounding artifacts, but don't pick them up or move them. Your job is to figure out what might have happened here. Look at the clues from the past and come up with a story that will explain the events that occurred at this site. If you move or take anything, then the story gets changed or lost. So leave it where it is.

You're Fired

Supplies: Fire pan, fire blanket, camp stove, dirt, rocks, fire wood

Your group must assemble all of the legal ways to have a fire in the Sawtooth Wilderness. This includes the fire pan, fire blanket, and backpacking stove. Rate each form of fire for its impact on the environment and for its cooking effectiveness.

Keep wildlife wild

Supplies: Bear hang rope and stuff sack, good tree for hanging

Your group must properly hang two bear bags and leave them up for our judges to rate. You must describe the types of things that you would store in your bear bag and why.

Consider This

Supplies: Sheet of backcountry impacts

Rate these impacts in the order that you find most offensive to you. Your group should discuss the different impacts and why some may seem worse to you than others. Also think about if you have ever created one of these impacts and what you could do in the future to prevent such actions.

Keep Your Stock

Supplies: High line materials

Set up a high line, then describe how and when to use the different forms of stock containment.



Supplies

Paperwork

- Course Station Sheet
- Answer Sheet
- Pencils/pens

Plan Your Trip

- Backpack
- Sleeping bag
- Sleeping pad
- Raincoat
- Map
- Knife
- Sling shot
- Cell phone
- Water filter
- First aid kit

Pack It Out Patrol

- Flags
- Trowel
- Trash

Archeological Dig

- Archeological artifacts
 - Skulls
 - Bones
 - Old tin can

Your Fired

- Fire pan
- Fire Blanket
- Camp Stove

Keep Wildlife Wild

- Bear Hang
 - Rope w/ rock attached
 - Full (of newspaper) stuff sac to simulate food bag

Consider This

- Impacts Sheet

Keep Your Stock

- High line

LNT Skills Challenge

This program involves moving around answering questions for each of the 8 stations. If you have a large group divide into smaller 'teams' and hand them cards designating the order in which they will follow the circuit: i.e. "1,2,3,4,5,6", "4,5,6,1,2,3". This challenge is specially designed for horse and stock users but is easily adapted to any group. There are variations in each program section of this binder.

Plan Your Trip

Supplies: Sheet of different trip options, sleeping bag, sleeping pad, raincoat, map, knife, sling shot, cell phone, water filter, first aid kit, backpack

Choose a trip from the three different options. Decide what you'll want to bring on the trip and put it in the backpack. Write down all of the information that you will need to gather before your trip. Plan one meal and how you'll carry it.

Is that durable?

Supplies: Meadow or grassy area

Have your group walk in a single file line in the grass for 100 feet. Then retrace your steps back to the start. Witness the creation of a satellite trail. This is why it is so important to stay on the trail. There are three choices on where to put your tent. You must choose the best surface to set up camp on.

Pack it out patrol

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Your group is spending the night at this campsite. Each member must grab at least one flag (which represents going #2) and walk 200 feet away and plant the flag in the ground. One member of your group must dig a proper "cathole" and leave it uncovered for judging. Someone before you left your camp a mess. Pick up after your fellow camper so that you can leave it better than you found it.

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Consider This

Supplies: Sheet of backcountry impacts

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LNT Scouts Skills Challenge

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Plan Your Trip

Supplies: Sheet of different trip options, sleeping bag, sleeping pad, raincoat, map, knife, sling shot, cell phone, water filter, first aid kit, backpack

Choose a trip from the three different options. Decide what you'll want to bring on the trip and put it in the backpack. Write down all of the information that you will need to gather before your trip. Plan one meal and how you'll carry it.

Is that durable?

Supplies: Meadow or grassy area

Have your group walk in a single file line in the grass for 100 feet. Then retrace your steps back to the start. Witness the creation of a satellite trail. This is why it is so important to stay on the trail. There are three choices on where to put your tent. You must choose the best surface to set up camp on.

Pack it out patrol

Supplies: Flags and a trowel

Your group is spending the night at this campsite. Each member must grab at least one flag (which represents going #2) and walk 200 feet away and plant the flag in the ground. One member of your group must dig a proper "cathole" and leave it uncovered for judging. Someone before you left your camp a mess. Pick up after your fellow camper so that you can leave it better than you found it.

Archeological Dig (leave what you find)

Supplies: Archeological artifacts such as bones, old tin cans, etc. Be creative in props and set up

Observe the surrounding artifacts, but don't pick them up or move them. Your job is to figure out what might have happened here. Look at the clues from the past and come up with a story that will explain the events that occurred at this site. If you move or take anything, then the story gets changed or lost. So leave it where it is.

You're Fired

Supplies: Fire pan, fire blanket, camp stove, dirt, rocks, fire wood

Your group must assemble all of the legal ways to have a fire in the Sawtooth Wilderness. This includes the fire pan, fire blanket, and backpacking stove. Rate each form of fire for its impact on the environment and for its cooking effectiveness.

Keep wildlife wild

Supplies: Bear hang rope and stuff sack, good tree for hanging

Your group must properly hang two bear bags and leave them up for our judges to rate. You must describe the types of things that you would store in your bear bag and why.

Consider This

Supplies: Sheet of backcountry impacts

Rate these impacts in the order that you find most offensive to you. Your group should discuss the different impacts and why some may seem worse to you than others. Also think about if you have ever created one of these impacts and what you could do in the future to prevent such actions.

Boy Scouts of America

From: The Principles of Leave No Trace for Outdoor Adventures 1999

The Principles of Leave No Trace

The BSA is committed to Leave No Trace, which is a nationally recognized outdoor skills and ethics awareness program. Its seven principles are guidelines to follow at all times.

Leave No Trace Awareness

Instilling values in young people and preparing them to make ethical choices throughout their lifetime is the mission of the Boy Scouts of America. Leave No Trace helps reinforce that mission, and reminds us to respect the rights of other users of the outdoors as well as future generations. Appreciation for our natural environment and a knowledge of the interrelationships of nature bolster our respect and reverence toward the environment and nature.

Leave No Trace is an awareness and an attitude rather than a set of rules. It applies in your backyard or local park as much as in the backcountry. We should all practice Leave No Trace in our thinking and actions—wherever we go.

We learn Leave No Trace by sharing the principles and then discovering how they can be applied. Leave No Trace instills an awareness that spurs questions like “What can we do to reduce our impact on the environment and on the experiences of other visitors?” Use your judgment and experience to tailor camping and hiking practices to the environment where the outing will occur. Forest, mountain, seashore, plains, freshwater, and wetland environments all require different minimum impact practices.

Outdoor Ethics

Help protect the backcountry by remembering that while you are there, you are a visitor. When you visit a friend, you take care to leave your friends home just as you found it. You would never think of trampling garden flowers, chopping down trees in the yard, putting soap in the drinking water, or marking your name on the living room wall. When you visit the backcountry, the same courtesies apply. Leave everything just as you found it.

Hiking and camping without a trace are signs of an expert outdoorsman, and of a Scout or Scouter who cares for the environment. Travel lightly on the land.

*Trying to get all of them to practice what they preach can be a bit tricky

LNT Interpretive Trail

This program consists of six stations to be set up prior to participants arriving. The activity works for large or small groups. With larger groups divide into smaller 'teams' and hand them cards designating the order in which they will follow the circuit: i.e. "1,2,3,4,5,6", "4,5,6,1,2,3". The participants will then be led to their respective stations. Each station's activities will take approximately 10 minutes to complete, although 14 minutes should be allotted for each to debrief and answer questions.

Station 1: Plan Ahead and Prepare

Supplies:

tent, stove, sleeping bag, ax, map, compass, wool/synthetic clothes, cotton clothes, canned food, bagged food

Disperse all equipment. Participants are asked to choose which gear should be used for a minimum-impact camping trip and why. (Also discuss which gear should be omitted)

Station 2: Camp and Travel on Durable Surfaces

Supplies:

2 each of: tent (free-standing and pitched), backpack, food bags, stove, pots, water container

The group is split in half: one group is designated "high use area", the other "pristine environment". Each group is to organize their camp accordingly. The goal here is to have the high-use group concentrate their camp, while the pristine group should spread out their gear to minimize centralized impact. A brief discussion follows and the groups explain how and why they did what they did.

Station 3: Properly Dispose of What You Can't Pack Out

Supplies:

orange peel, apple core, piece of oatmeal, coffee grounds, cigarette butt, written cards with the words: urine, fecal matter; three boxes: "bury", "disperse", and "pack it out"

Dig a cat hole and cat hole trench. The groups discuss when each method of human waste disposal is appropriate. Each group should place each prop or card in the corresponding box and then discuss why they chose each one.

Station 4: Pack it in, Pack it out

Supplies:

Both the actual item and one poster with all the words written on it of: airline tag off a backpack, piece of oatmeal, lint, twist tie, etc.

The actual pieces of garbage will be strewn about camp and the group will search for each one, thus demonstrating the ease in which small things can be overlooked when leaving a camp. A discussion about how garbage should not be buried because of animal habitation should be included.

Station 5: Leave What You Find

Supplies:

two posters: one with different actions Velcro-ed on it (traveling in small groups, bringing a radio, using binoculars, taking pictures, digging trenches, taking home artifacts, making lean-tos, chasing wildlife), the other poster with two columns: “right” and “wrong”.

This activity will explore possible behaviors that influence ecology and allow other visitors to feel surrounded by nature. The group will be asked to categorize each behavior into the two columns and then discuss why they chose what they did.

Station 6: Minimize Use and Impact of Fires

Supplies:

Set up a platform fire. Velcro poster with two columns: “high use” and “pristine”. Four more posters with factors Velcro onto them: “environmental conditions” (permitted, very dry, prohibited, windy, alpine zone, abundant fuel, raining, forested area); “site attributes” (fire ring, platform with mineral soil, sandy wash, fire pan, base of rock, in pasture, under tree); “fuel” (small wood, tree trunk, dry branches, propane, downed wood, thick wood, garbage, gasoline); “tools” (shovel, saw, adult present (youth only), water, lighter, sandy ground, ax, matches, nylon bag)

The participants are divided into two groups: one is designated “high-use”, the other “pristine”. (think about who was on each group for the Station 2/ Durable Surfaces activity). The groups will match factors to the use columns with respect to their designated use area and discuss why.

LNT Ethics Game

What is an Ethic?

- Ask participants what they think: What kinds of things do we have ethics for? Where do they come from?

"Moral precepts held or rules of conduct followed by an individual; A set of principles of right conduct" Ditionary.com

A lot of times we create ethics based on things that we observe to be wrong, LNT outdoor ethics were created as the result of repeatedly finding negative impacts on our public lands.

- These Ethic Situation Cards are examples of some of the impacts that Rangers, and backcountry enthusiasts have come across in our public lands.

Game

- Have the group stand up.
- Give three random situation cards to two or three people asking them to read the card aloud.
- Have the rest of the group then gather around the person whom they felt read the card with the most offensive impact.
- Discuss why they made the choice they did, and also why each of the impacts are bad. Ask them if they can think of anything they could do to prevent this type of impact.
- Repeat the activity until there are no cards remaining. Play a round of the worst where you pin two of the worst impacts (in their opinion) against each other.
- Collect all the cards as you have them sit down together in a large group. Give the stack of cards back to them asking them to come up with 5-10 categories that they could break the cards into. For each category what could be an overarching guideline to address and help minimize the impacts caused by each.

Discussion

Discuss and compare each of their categories with the seven principles of leave no trace.

Explain that through observations and research the LNT org has come up with guidelines to help us reduce our impact and to help prevent the kinds of negative impacts discussed earlier with the cards.

Ethic Game Supplies

Ethics Situation Cards:

Feel free to add cards to the pile😊

- Erosion caused by people cutting switchbacks
- Poopey Toilet paper sticking out from under a rock
- Brightly colored tents visible from the trail and lake
- Half burned food and trash left in a campfire ring
- Campsites with trampled vegetation
- People picking wildflowers
- Structures (BB-Q grill, furniture, lean to) built in the backcountry
- Vandalized cultural or historic sites
- A human 'browse line': limbs removed from standing trees near a fire pit
- Lost hikers with out a map
- Mountain bikers going too fast in busy areas
- River campsites that reek of urine
- Campfire scars on boulders or rock faces
- Cranky wet scouts that forgot raingear

Camp Oh-No! & LNT Challenge

The premise of this program is to teach LNT skills by observing a camp that is all wrong. When you go through this activity with the scouts, you have to do a lot of explaining. "Actually biodegradable soap does pollute, and the crumbs from your dinner can stay in these high alpine lakes for a really long time. Get a bucket, like this collapsible one, and walk away from water..." A lot of people have never seen a fire pan or blanket, so this activity takes quite a bit of explaining too.

Camp Oh-No!

- Put tent in meadow and put food in it.
- Make a fire ring and put tin foil in it, put a log that's too big in it
- Set up the blue tarp like a lake (maybe label with sign) and put biodegradable soap and dirty dishes on the shoreline.
- By the tent, put toilet paper under rock (maybe dirty it with a little mud, peanut butter, or brown marker)
- Put bag of trash by tent, hang remaining food by a low hanging branch
- Put ax by tree as if it's been chopping.

Bear Bag Throw

- You'll need a small stuff sack with rock in it tied to a bear rope
 - Have each participant "hang" the bear rope in an appropriate spot
- *This can be brutal on trees in the area and you may lose your sack only to retrieve it through boy scout ingenuity or climbing skills.*

Flag it

- You'll need red & orange flags and 200 ft. measuring tape
 - Have each participant walk 200ft from the fake lake and flag where they would 'go'
- *You'll use the tape measurer to see how close they got.*

On Fire

- You'll need fire blanket, sign that says "No Fire," fire pan, fire ring, campstove, and laminated numbers 1-5. Set up all fires in front of table in any order.
 - Have each participant rate each in terms of impacts.
- *They should rate: 1-No fire 2-Campstove 3-Fire pan 4-Fire blanket 5-Firering. People get confused on 3 and 4, so tell them to imagine what's left behind after the fire is done. For the fire pan it's merely ash. For the fire blanket it's ash and mineral soil (that has to be collected and returned) but that is still preferable to the firering that leaves scarred soil, rocks and ash (and usually trash).*

Challenge

Make a sign that says: "Leave No Trace Challenge!" Complete 1 to 4 activities and win up to 4 prizes! (1) Camp Oh-No: Name 5 ways this camper Leaves a Trace (2) Bear Bag Throw: Hang a bear bag in a tree. (3) Flag It!: Do you know how far is far enough to camp or go to the bathroom? Walk 200 feet and flag it. (4) On Fire: Rate these campfires in terms of impacts.

1: Least Impact 5: Most Impact

Prizes

For prizes always give a LNT pack tag and something cool: candy, wilderness posters, etc. for each activity they complete.

Supplies

Camp Oh-No!

- Tent (the hubba works well for this b/c of color)
- Ax
- Blue tarp/Fake Lake
- Some food and trash
- Biodegradable soap
- Tin foil
- Camp dishes
- Dirty toilet paper wad
- Rope/P-cord
- Stuff sack (to simulate food)

Bear Bag Throw

- Bear rope w/ small stuff sack attached for rock
- Rock

Flag It

- Flag
- 200ft measuring tape

On Fire

- Fire blanket
- Fire pan
- Fire ring.....rocks and wood
- Campstove
- Laminated numbers 1-5

Equate! Relate!

Although this activity never actually goes through the LNT Principles, This activity is good for developing an understanding of how ecosystems work, the interconnectedness of all things and the impact we, as humans, are capable of. The goal of this activity is to help foster a personal connection to our natural world and develop a personal outdoor ethic.

Set Up

- Display the Element cards on the ground in the middle of an open area
- Have the group circle around these objects
- Have each group member, including the leader (that's you), loop a card over their shoulders.

The Web

- Give the ball of string to one group member and explain that they are going to play a game called *Equate! Relate!* And that this game demonstrates how plants and animals need each other (connectedness) in an alpine setting and will help participants predict how human impacts can affect those plants and animals
- Have the person holding the ball of string look around the room and find one other plant or animal that connects with the card they are wearing. They describe the connection out loud, hang on to the string and throw the ball to that plant or animal
**For example, the woodpecker has the ball of string, hangs on to the string and throws it to the aspen saying, "I need the aspen to provide insects to eat". The aspen catches the ball, hangs on to a section of the string with one hand and throws the ball with the other hand to the ant saying, "the ant needs me to find food."*
- Play goes around the circle until everyone is holding onto a section of the string. At no point should anyone let go of the string! In some cases animals and plants will have received the ball of string more than once and are hanging on to more than one section of string

Connections

- Have the group observe the web of connections they have made
- Discuss what the web demonstrates about connections in an ecosystem, including the human connection
**Plants, insects, animals and humans owe their existence to each other. Insects pollinate plants and provide food for small animals; plants provide food and shelter for animals, including humans. Plants also help filter water that is then stored in mountains, streams, lakes and aquifers when one member of the web of life is eliminated, other living things are invariably affected.*
- Have each group member think about one item from the middle of the circle—sun, water, soil, air—and then describe one connection they have to this resource
**The frog might say, "I need the water in which to lay my eggs."*

Scenario Cards

- Have the leader, one other person, or four individuals read on Equate! Relate! Scenario Card at a time to the group.
- As you discuss the scenario have participants drop their string to show how an impact to one part of the web affects another part.
**If campers pick all the wildflowers in an area, what else will disappear? The persons holding the mice or coyote card would drop their string*

Discussion

Talk about the different ways we as humans impact the web of life. How might we reduce these impacts? (feel free to throw in the 7 LNT Principles at this point).

Supplies

- Alpine Ecosystem hanging name cards:
 - Pine Tree
 - Aspen
 - Wild Flower
 - Downed Log
 - Grass
 - Mouse
 - Rabbit
 - Deer
 - Coyote
 - Grasshopper
 - Mosquito
 - Ant
 - Fly
 - Snake
 - Frog
 - Stellar Jay
 - Woodpecker
- Elements Cards
 - Sun
 - Clean Air
 - Clean Water
 - Clean Soil
- About 100ft of string or yarn rolled into a ball (don't use p-cord, it gets way to tangly!)
- Set of Equate! Relate! Scenario Cards

Impact Confessions

(adapted from Lettuce Consider Our Impacts)

Developing a Connection

- Have participants sit in a circle. Ask participants to think of their very favorite place outdoors (in wilderness/backcountry). Go around the circle having everyone share their favorite place and why it is so special.
- Next hold up a small square of paper and tell them that it represents each of our favorite place.

Creating Impact

- Ask the group to think of one thing they might have done in wilderness (outdoors/backcountry) that they aren't proud of.
- Then take the piece of paper and pass it around the group asking them to "confess their LNT sin." As they share their sin they also "impact" the piece of paper by punching a hole in it with the hole punch. (It is a good idea to have the leader start the demonstration.)

Discussion

- When you get the paper back hold it up for all to see and ask them how their "favorite place" fared. Ask them how this makes them feel? How would they react if the next time they went to their favorite place it was filled with the impacts just confessed?
- This is a good way to introduce the notion of "cumulative impacts" since the first hole punchers only did a bit of damage, but as more and more people abused the piece of land, more damage was done.
- End the activity on a more positive note by reminding them that luckily we have a chance to redeem ourselves since wilderness is resilient and we are taking on the task of becoming trained in Leave No Trace. In the future we will know what mistakes to avoid and can even help reduce current impacts further by picking up litter we find and breaking down campfire rings.

Supplies

- ½ or ¼ sheet of printer paper (green works well)
- Hole punch

Impact Monster

Set Up

- You'll need two FS people for this skit. One: the perfect LNT ranger (in uniform with flower identification book, binoculars, etc.). Two: the brightly, inappropriately clothed impact monster.
- Pick 6 kids to be in the play: 1-Deer (use cardboard antlers attached to headband) 2-Frog (use green rain jacket) 3-Flower (cut out pink paper to look like 6 or so petals) 4-Live Tree-sign that says live tree, 5-Dead Tree: sign that says dead tree, large stick you find on site 6-Trail/lake sign (ex. Titus Lake, Long Way Trail, etc.)

ACT1

- The ranger walks down the path, checks trail sign for loose screws
- Sees the frog, is careful to step around it.
- Sees the flower, exclaims on its beauty, identifies it in book (you can use the name of the actor as the proper flower name)
- Sees obstacle in trail, steps over it
- Sees deer on hillside, gazes at it through binoculars, careful not to spook it.
- Comes to campsite right on the lakeshore (fire ring is there). Comments on how it's too close to water, how that can pollute, etc.
- Grabs a bucket of water, explains they are going to wash up 200ft from lake
- Starts to walk away to look for a better campsite.

ACT2

- Impact monster comes in trying to call Pizza Hut on cell phone (loudly)
- Sees the frog in path, tries to pick it up to put it in her bag "for her little brother". Too heavy (kids love this part, especially the poor actor).
- Sees the flower, picks its petals saying: "he loves me, he loves me not."
- Sees the deer, tries to scare it away with cap gun/slingshot
- Sees the campsite. "Cool, perfect."
- Sees 'live tree' carves (with marker) "Suzie love Billy" on sign, since you just found out "he loves me" from flower
- Gets out ax (throwing everything else in pack around, including food like canned beans and other inappropriate stuff) claiming to need fire wood and chops down dead tree (stick the actor's holding).
- Tells audience of the need to go #2 and grabs TP roll, walks behind tree (near water, camp, etc.) when done throws out dirty brown TP wad so it is visible.
- Washes hands in water with soap (empty bottle), then drinks directly from stream.
- The ranger is watching this from a distance with his binoculars and they meet. The ranger informs the impact monster that there is a problem. The impact monster is confused, questions and tries to justify her actions

Discussion

The ranger should ask the audience what the impact monster has done wrong and why it was wrong (throw out candy for right answers and participation). The following are some examples of discussion questions:

- #1: Can we do anything we want outdoors? Why not? How can prior planning and prep help us while outdoors?
- #2 Does it matter where we camp? What's wrong with camping next to water? Does soft muddy ground recover quickly after camping/traveling on it?
- #3 Can litter harm animals? People? What should we do when we need to go #2? Does it matter where we pee?
- #4 Should we pick flowers? Is it OK to keep animal parts (feathers/antlers)?
- #5 Should a fire be big or small? Why? Is it a good idea to burn trash so you don't have to carry it out?
- #6 Is it OK to capture small creatures and take them home? Is it OK to run up to an animal to take its picture? Is it OK to carve names in trees? Rocks?
- #7 Could anyone hear the impact monster coming into camp? When you go outside/hiking/camping do you want to hear loud music? Noisy campers? Are we being considerate when we are noisy in the forest?

Supplies

Volunteers

- Deer antlers
- Green rain jacket
- Tree signs
- Trail sign
- Flowers (make out of cardboard)

Ranger

- Flower ID book
- Collapsible bucket
- Binoculars
- camera

Impact Monster

- Candy bar/powerbar
- Fake ax
- Marker
- Brownd toilet paper
- Toilet paper roll
- Biodegradable soap
- Cap gun/sling shot
- Brightly colored clothing
- Toy cell phone

Gladiator Trail

Background

The cabins at the end of the Gladiator Trail hike are from an old mining town. Read about its history from some of the books available at the ranger station. In short, in the 1800s the cabins were miner's cabins as they mined galena silver on the hillside above. Silver coins were used at that time. In the 1880s, gold became more popular, and the cabins were abandoned.

Leave What You Find

- Go through Leave No Trace principles and inform kids that you'll be focusing on Leave What You Find.
- Explain the difference between cultural artifacts and trash.
- Explain how cultural artifacts help people to understand what may have happened in a place.
- Use arrowheads and potsherds as an example of how archeologists find out how Native Americans lived.

Archeologists

- Divide them up into 6 or so teams telling them they will be the archeologists and will use the artifacts as clues.
- Have them pick team names and answer these questions:
 - 1-When did people live here?
 - 2-What jobs did they have?
 - 3-Why do you think they left?
 - 4-What did you find that supports your theory?
- Give them 15 minutes to go around and look at stuff (there are old cans, old beds, old shoes with nails and burnt leather).
- Have them present their ideas in a play or in a story

Discussion

Have each group present their story. Tell them what really happened. The teams that are closest to the actual historical story get a prize with an additional prize going to the team with the most imaginative story. Remind them that it's important to Leave What You Find.

Scavenger Hunt

Set-Up

- For this activity you will need to have everything set up well in advance
- Scout the area to make sure you can find a place for each of the items on the Scavenger List/Answer Sheet
- If the area looks fairly pristine and there is not much litter, you may want to scatter some around
- Set out water filters next to a bucket full of water
- Set up a bear hang in an appropriate place (try to get it 12+ ft high and 3 ft out)
- Set up station with the backpack and gear

Respect other visitors

- It is a good idea to preface this activity with a discussion about LNT principle #7: Be Considerate of Other Visitors.
- Talk about what kinds of things impact others visit to this area, and how we need to be respectful of those things.
 - No running
 - No throwing things
 - Use quiet voices (the backcountry is like the library)
 - Try not to trample plants.

Scavenger Hunt

- Have the group split into about 4 teams...number off if necessary
- Have teams get together and come up with a team name
- While they are doing this pass out a Scavenger List and bag of supplies to each group
- Tell them whoever finishes first wins a prize and give them a 1-2-3-Go!

Discussion

When all groups return, announce the winner and pass out the prize (LNT stickers or patches). Use their sheet to go over each item on the list and compare with the 7 principles. Ask lots of questions and reward with candy

Supplies

- | | |
|---------------------------|-----------------------|
| • Litter | • Cell phone |
| • Water filters | • Fleece jacket |
| • Water bucket | • Flashlight |
| • Bear hang w/ stuff sack | • Rain jacket |
| • Backpack | • Woodsy Owl bags (4) |
| • First aid kit | ○ Scavenger list |
| • Map | ○ Water bottle |
| • Sling shot | ○ Flag |

LNT Mini Activities

Plan Ahead and Prepare

*Supplies: Backpack, compass, water filter, first aid kit, flashlight, cell phone, sling shot, can of chili (green beans or other canned food will work), trowel, food strainer, fleece jacket. Have the backpack packed with all of the items prior to program. *located in Plan Ahead file drawer*

Directions: Present the backpack telling audience that you have packed to go on a hiking/backpacking trip. Ask for volunteers to come up and pull something out of the backpack. After something has been pulled out ask the participant whether or not you should bring that item and why or why not? Then have them place the item on the ground in front of the pack, things you should bring to the right and things you should not on the left. Make sure to discuss why each item in the backpack is useful and why some items are inappropriate.

Durable Surfaces

Supplies: access to a meadow or grassy area.

Directions: Have the entire group stand up. Pick one person to be the “leader” and have everyone follow the leader in a single file line through the meadow, turn around and follow the same line back to presentation area. Talk about what a user trail is and how they are created. Can they see the trail they have just created? Can anyone think of a better way to travel through this area? Try the activity again with everyone spread out. How is this different from when you are walking on a trail? Talk about single file in the middle of the trail and stepping over logs.

Dispose of Waste Properly

*Supplies: litter longevity poster, 10 each of two different colors of flags (one to represent pee, one for poo) *located in the Dispose of Waste file drawer*

Directions: Talk about pack it in pack it out, and that even biodegradable items pollute (biodegradable ≠ Non-Toxic). Discuss how long different trash items take to break down, have them guess (candy for right answers). Ask for 5 volunteers and give them each 4 flags (2 of each color) telling them they are going to be camped at the lake overnight where would they “go #1 and #2” and have them flag it. Talk about proximity to lakes and streams as well as trails and campsites. Look at the “impact” of just a few people going to the bathroom in the backcountry.

Leave What You Find

Supplies: “Leave What You Find” written on paper cut-up into sections. For Example: LEA-VE-WH-AT-YO-U-FIN-D. A Feather, skull, shell, or some other really cool natural object or artifact.

Directions: Set LEAVE WHAT YOU FIND sections in order on ground behind tree. Pick one volunteer to read the message and take 2 pieces. Pick 2 more volunteers to read the message and take 1 piece each. Have a fourth person go over and try and read it. It is a good idea to have the instructor go over and sound out the words with young kids. Go back to the group and inform them of the message the last person found. Exaggerate the silliness of the message and the fact

that it doesn't make sense. Ask the second to last person what they found and continue until you get to the person who read the whole message. Ask the group what 'leaving what you find' entails. Discuss the fact that after the first person took two pieces, the message was not legible. For the finale, ask the people who took pieces if they saw the really cool feather, skull, shell, or other natural object/ artifact. Of course they did not because it is in your backpack, pocket, or some hidden place. Tell them that before they arrived you found the feather and took it. Ask them if they think it is fair that you took it and they can't see it. Ask them if they want to see it? Of course they will. For large groups you can have each letter be a separate piece and have the first person read the message and mess up the order. Then pick several people to go over and take something.

Minimize Campfire Impacts

Supplies: Large photos one of each: camp stove, fire pan, fire blanket, fire ring (use the real thing if you are able). Appropriate size wood for a backcountry campfire.

**located in the minimize campfire impacts file drawer*

Directions: Have volunteers come up to hold the pictures, explaining each method (by name and how it is used). See if the audience can put the photos in order from most impact to least impact. Talk about why some methods are better than others. See if they know how big fire wood should be and where it should be collected from (show them an example). Emphasize that ONLY wood should be put in a campfire—no trash! What should you do when you're done with the fire?

Be Considerate of Other Visitors

Supplies: Color squares in two sets one of brightly colored paper (bright pink, hot orange and yellow) and one set of neutral colors (brown, tan, sage green).

**located in programs box*

Directions: Place color squares along the side of a small section of trail. Place bright colors on one side and neutral colors on the other (set up before group gets there). Ask the group to walk the trail and come back. Ask them if they noticed any litter along the trail. Which side had more? Inevitably they will answer that the side with bright color squares had more. Shock them by letting them know there were actually the exact same number of squares on each side. Follow up by talking about the visual impact of color. When you are at a beautiful lake or at the top of a peak do you want your view scattered with brightly colored tents and hikers? Unnatural colors are obvious, colors that blend in are not. Be like the animals and camouflage yourself to blend in.

LNT Skits to Teach Each Other

This is an easy and effective program to do with any group of more than 14 people (2 for each principle) or you can focus on the Key 3 for smaller groups. The aim of this program is to get participants to teach the rest of the group one of the 7 principles with the idea that while they will learn from all the presentations given, but also from the act of teaching as well.

Action!

Break the group into 3 to 7 smaller 'teams' and have teams spread out. Each team is given one of the 7 LNT principles as well as a bag that corresponds to their principle. Their task is to teach the rest of the group everything they need to know about the given principle through a skit using the props in their bag. Give every group about 10-15 minutes to prepare and then start the presentations at principle #1.

Discussion

As you go through the skit, make any needed clarifications, ask questions, and try to get the audience to ask questions as well.

Supplies

- Bag for each of the 7 principles
- LNT booklet (one for each bag)
- Plan Ahead and Prepare
 - Map
 - First aid kit
 - Water bottle & fliter
 - Flashlight
 - Matches
 - Rain poncho
 - Compass
- Travel and Camp on Durable Surfaces
 - Bag of dirt
 - Bag of duff
 - Fake lake
 - Trail sign
 - Fake meadow
- Dispose of Waste Properly
 - 200ft measuring tape
 - Trowel
 - Wag bag
 - Strainer
 - Example trash w/ longevity poster
 - Flag
- Leave What you Find
 - Skull/bones
 - Feather
 - Old tin can
 - No mineral collecting sign
- Minimize Campfire Impact
 - Fire Blanket/pan
 - Bag of dirt
 - Bag of sticks
 - Collapsible water bucket
 - Camp stove & fuel
 - Cook set/mess kit
- Respect Wildlife
 - Example bear hang & rope
 - Binoculars
 - Scat w/chunks of trash
 - Antler prop
 - Dog leash
- Be Considerate of Other Visitors
 - Toy cell phone
 - Brightly colored clothing
 - Trail courtesy sign
 - Noise maker

LNT Olympics

There are a number of ways this program can be done. It can be used in its original 'Olympics' format or it can be made into alternate variations such as a relay race. This is a great program to get participants up and moving around. Again prizes and candy for winners seems to be a great motivator.

Set Up

- Set up different stations where each of the events will take place.
 - Flag your Feces: should have plenty of flags as well as a water source such as the fake lake that they can walk 200ft from
 - Cathole Dig: have a number of orange plastic trowels available
 - Bear Rope Toss: you will need to find an area that contains at least one good bear hang tree, also have more than one bear hang (p-cord with rock attached—in small stuff sack)
 - Rate the Fires: set up a fire pan, fire blanket, camp stove, a fire ring, as well as a sign that says “No Fires”. You can use photos of each situation if carrying all that gear doesn’t make sense.
 - Wilderness Search: you will need at least one wilderness map of the United States and enough flat ground to spread them out.
 - Microtrash Treasure Hunt: A leave no trace bag will be needed for each group. If you notice there is no litter in the area, you may need to add some.
 - LNT Tunes

Game

- Divide group into teams, have them get together and choose a team name
- Either have each group choose one or two people to complete each task making sure everyone is involved in at least one event, or have each individual complete each. Events should happen one at a time so that everyone that is not participating the event has the benefit of seeing it played
- Have each team sing the song they made up
- Presenters/leaders (what ever you want to call yourself) should “judge” the performance of each event for each team
- Add up the scores and award a prize to the winning team

Discussion

Follow up the activity with a brief overview of answers, correct techniques for catholes, bear hangs, and different fire methods as well as all 7 LNT principles.

Solution Sleuths

Campers that 'Leave a Trace'

- Discuss what it means to leave no trace, what do the participants think?
- Briefly introduce and go over the 7 principles of LNT outdoor ethics.
- Explain that you are going to play a game in which half of the group will be given events where campers left a trace in one way or another. The other half of the group will be given solutions to each of these events.

Game

- Hand out either one event or solution to each individual. (If used as an icebreaker: Have each person introduce themselves and what they do before they figure out if they are partners.)
- Have everyone stand up and keep asking people about their solution or event until they find the one that matches their solution or event.
- Once found, have them discuss their scenario and what they would do differently.

Discussion

- Have each group read their scenario once everyone has found their partner. (For Icebreaker: Have each partner introduce the other partner and what they do before they read their scenario.)
- Also have them describe what they would have done differently and why.
- Tie back in to the 7 principles by asking them what principle corresponds to their scenario and discuss how the principles act as guidelines for behavior while in the backcountry in order to protect the resource as well as keep them safe and comfortable.

Supplies

- Set of solution and event cards cut out and mixed up

Event:

Your group brought two quarts of water per person, but your hike has been very hot and now everyone is low on water. You can't boil water to drink because there is a fire ban in effect, and you don't have a stove because you were only going on a day hike.

Solution:

After several hours of an uncomfortably dry hike, you run across a prepared hiker who you ask for a water filter designed to remove bacteria from wild water sources. After taking a break on a rocky shore of a small pond and filtering water, you have enough water to finish the hike.

Event:

Your group came prepared with a stove, but you really want to have a fire once you get to your campsite in the wilderness area. You're not positive on the regulations and didn't bring anything to support a fire.

Solution:

One bright member of your group thinks to look on the back side of the permit that you filled out before entering the wilderness. You see that a fire pan or fire blanket is required while camping in the wilderness. You enjoy your hot meal over the stove and decide to save the fire for when you are more prepared.

Event:

You just went to the bathroom and you want to do the right thing by packing out your toilet paper, but you forgot a Ziploc bag to carry it out.

Solution:

You find an empty Ziploc bag that you had used to carry your food in the day before and are able to pack out your toilet paper worry-free. This is another advantage of repackaging your food

Event:

You're traveling in bear country and there isn't a good tree to hang your food in right near camp. You didn't bring a bear canister, but you want to do the right thing.

Solution:

Your bear bag shouldn't be hung right near camp anyway so keep searching a little farther away. Preferably your bear bag should be hung 12 feet high and 6 feet away from the trunk and down wind from camp so the bear doesn't walk through camp to get there.

Event:

Your group tries to go on an early season hike and there is still standing water and some snow on the trail.

Solution:

If you don't feel like getting your feet wet, turn around and try again later in the season. Never go around wet or snow patches because you will create satellite trails and damage natural resources including vegetation.

Event:

Your group of 15 wants to take a trip into the Sawtooth Wilderness starting tomorrow. You've checked the forecast, packed correctly, and have everything planned out down to which socks you'll be wearing on which days.

Solution:

You forgot to check the wilderness regulations before planning your trip. The group size limit for the wilderness is 12, so you will have to either break your group up by separating one drainage or day apart, or you might look into a trip into the Boulder-White Clouds that has a group limit of 20 people.

Event:

You just rode into Pats Lake and found a great campsite right near the lake. Your stock are hungry from a hard days work, so you let them graze near your camp.

Solution:

Stock are allowed in campsites only when loading and unloading and they are not to graze within 200 yards of lakeshores, so move the stock away from the lakeshore and use proper containment methods.

Event:

You set up your highline in a meadow to contain your stock for the night and feed them some discounted loose hay that you found.

Solution:

Find an area to set up your highline that is durable and can withstand a night of stock trampling on it. Also, packing in loose hay is prohibited and you also must make sure that your feed is certified noxious weed seed free.

Event:

You bring Jack, your ever-present companion (dog), with you while hiking in the wilderness in August. Jack is rambunctious and hates to be on a leash, so you let him run around and play wherever he wants.

Solution:

Because dogs must be on a leash in the wilderness from July 1 through Labor Day, you might think about taking Jack to the Boulder-White Clouds because he hates being on leash so much. Or you might try to keep Jack on a leash more often and train him to enjoy being near you.

Event:

You are hiking with a group of people up a steep mountain pass. One of the members of the group decides to jump ahead by cutting a switchback and scrambling up the hill.

Solution:

Talk to your group and let them know that cutting switchbacks is prohibited and let them know why it is a bad idea. You don't really save that much time and you cause erosion and damage to the trail.

Event:

Your group is on the last night of a week long trip and one of the members decides to celebrate by drinking some whiskey and howling at the moon.

Solution:

Remind your werewolf friend that there are other people who want to enjoy the wilderness experience too and that by making loud noises we can make their experience less enjoyable.

Event:

You are planning an overnight trip with your horses up to Edith Lake but you don't know much about the area and are just in the beginning stages of planning.

Solution:

Contact the ranger station when you are planning a trip. They will let you know that equine stock are not allowed and Edith Lake overnight and you also must have a permit from the Forest Service Office anytime that you take stock into the wilderness overnight.

Event:

You are at camp at night and you properly chose to camp 200 feet away from the lake and trail. One of your friends grabs the trowel and heads off in the direction of the lake.

Solution:

Let your friend know that she has to go to the bathroom at least 200 feet from the lake and the trail and the camp, which means that she must head off in the opposite direction. Let her know that it is for all of our benefit because we filtered water from that lake a few hours ago.

Event:

You hiked to Goat Lake for the night and it was a very hot and tiring day. So you jump in the lake to find that it is colder than you thought. To warm up, you start to build a fire.

Solution:

A friend of yours reminds you that you can't have a fire at Goat Lake and that maybe you should have thought about that before jumping in. However, you did plan ahead and prepare for cold weather so you get into your warm clothes and sleeping bag and are toasty in no time.

Event:

You've heard that you must have a fire pan or fire blanket in the wilderness area so you bought a brand new fancy fire blanket and packed it into the backcountry. The directions say to add one to two inches of soil so you do that thinking that you've done everything right.

Solution:

You actually need six to eight inches of soil for a fire blanket to work properly so your friend puts on a few more inches. You are grateful to her because she just saved your brand new fire blanket from being singed.

Event:

Your group comes across a black bear in the trail far ahead of you. Your leader wants you to take his picture when he gets up close to the bear so that he can show all of his friends what a man he is because he's not afraid of a bear twice his size.

Solution:

Tell your leader that it could be his last picture and disturbing wildlife in general is not a good idea. View from a distance but don't approach. He'll be happy to know that you can superimpose his picture with that of the bears so that his friends will never know the difference.

LNT Quiz

Plan Ahead and Prepare

You are gearing up for a three-day backpacking trip and can leave at any time. It would be best to schedule the trip:

- a) Over a weekend, so that if there's an emergency there will likely be other people in the backcountry to help.
- b) For the Fourth of July.
- c) During the week, when there won't be many other people.
- d) For your family reunion in the middle of the summer, when it will be cooler in the mountains.

Before hiking or camping you should check:

- a) Weather conditions
- b) Elevation
- c) Regulations and proper use for the area
- d) If you can bring your dog
- e) Fire conditions
- f) If there's cell phone service

Travel and Camp on Durable Surfaces

In a popular area that many people like to visit, it's best to choose a campsite:

- a) In a nice meadow among wildflowers
- b) Right next to a lake so there's plenty of water to put out your campfire at the end of the night
- c) Where nobody else has camped before
- d) In an existing campsite that shows prior use

In early spring, trails are sometimes muddy and snowy and can have many fallen trees across them. In these circumstances you should:

- a) Bring your snow shovel and hoe to help clear the trail
- b) Walk through the mud and try to step over trees and logs
- c) Walk on the side of the trail where it's dry and go around trees and logs
- d) Lock arms with your hiking buddy as you're walking so that you don't slip

Dispose of Waste Properly

Which of the following is true?

- a) Apple cores and orange peels are biodegradable and can be left in the sun to decompose
- b) Burying garbage is not a good idea because it may still attract animals
- c) If bears can't find food in a camp, then they'll try to eat people
- d) When washing dishes, it's crucial to use biodegradable soap in streams and lakes

When you have to go “number 2” when hiking in a popular area, you should:

- a) Go in a sunny place far away from a water source
- b) Dig a cat hole 6-8 inches deep, 200 feet from a trail
- c) Carry it out in a plastic baggie filled with kitty litter
- d) Smear it on a rock in the sun
- e) Hold it

When urinating in the forest it's best to:

- a) Go on a rock or bare dirt instead of on a nice plant
- b) Go in the water, dilution is the solution!
- c) Carry out your toilet paper and dispose of it later
- d) Go near your campsite or trail

Leave what you Find

You are hiking and you discover an arrowhead that appears very old. You should:

- a) Take it with you and give it to your mom
- b) Take it with you to give to an archeologist
- c) Take a picture of it
- d) Block off the area with flagging so that others will not disturb the artifact

Which of the following is true?

- a) It's ok to take a feather that you find since it probably fell off a bird naturally
- b) In order to collect natural items from public lands, you must have a permit
- c) Wildflowers should be left for others to enjoy along trails
- d) It's okay to collect herbs and wildflowers for medicinal purposes only

Minimize Campfire Impacts

Rate the following in order of least to most impact:

- a) Fire in a fire ring
- b) Mound fire with small fuels
- c) No fire
- d) A large bonfire
- e) Fire on a fire blanket or pan

When leaving your camp to go back home, you should:

- a) Scatter the ashes of your fire and remove all trash from your site
- b) Leave the campsite as is so that others will recognize it and use it
- c) Leave a nice pile of good logs for other campers to find
- d) Disguise the site with large pieces of brush and disband your fire ring completely

Respect Wildlife

If you see a wild animal, it's best to:

- a) Run away
- b) Share your lunch with it
- c) Observe it from a distance
- d) Follow it so you can take a picture
- e) Sic your dog on it
- f) See if it has any babies

Be Considerate of Other Visitors

When encountering horses or other pack animals along a trail:

- a) Step to the downhill side and greet them quietly
- b) Step to the uphill side and greet them quietly
- c) Let your dog make friends with them
- d) Give the animal an apple so it won't be frightened of you

You have 8 people in a backpacking group and are camping near a popular lake. You should:

- a) Camp right next to another large group, for safety's sake
- b) Build a roaring fire and sing songs after dinner
- c) Communicate quietly with one another
- d) Go around the lake and introduce yourselves to all the other campers

Trail Head Contacts

Trailhead contacts are typically made by our volunteer staff. However, we have found it to be one of the most effective methods of reaching large numbers of backcountry users. One volunteer, Lou Antehades, contacted over 1300 people in the one month he was here this summer. Because it is such a good way to reach so many people, it is a great thing to do if you don't have a program already scheduled.

Trailhead contacts are typically done by setting up a table/booth at a trailhead. It is a chance to clear any confusion about the regulations, (and make sure users are familiar with the regulations). It is also a great time to remind them of responsible campsite selection, disposal of human waste, and bear hangs. Make sure you hit up the most popular trailheads to maximize the number of people you can talk to and help minimize impact in popular areas. At some trailheads it doesn't make much sense to demonstrate a fire pan, or water filter or trip planning tips because the people using those trails are going backpacking and by the time they get to the trailhead they either have a fire blanket or they don't, they are already packed and should know how to use a filter so these demonstrations are somewhat pointless. Some trailheads, such as Fishhook, are geared more to day hikers. These trailheads are a great place to demonstrate how to use a water filter, a fire pan, fire blanket, and highlines.

Set Up

Small version

- Table with LNT materials
- Hang an example bear hang in a nearby tree
- Dig an example cathole
- Have "dirty" TP sticking out from a rock
- Set out map of the area

Extended

- Demo fire pan/blanket proper set up and wood of appropriate size, nothing in fire but wood sign
- Water bucket with water filters and water bottles
- Highline palletized feed, etc.
- Fake lake, tent, kitchen, bear hang, with appropriate distances signs

Talking Points

Everyone:

- Pleasant greeting, "hi how are you guys doing today?"
- Let them know about Wildlands Ed LNT programs (maybe make a snazzy flier w/ fun picture, summary & contact info.)
- Make sure they fill out a permit (if permit box is at boundary, remind them to grab one)

Hikers Entering

- Make sure they understand the fire regulations
- Emphasize ONLY wood in campfires
- Dig cathole 200ft from water to go #2
- Pack out TP please

- Bear hangs
- If they have a dog, make sure they have a leash, if not give them one
- “Have a fun and safe trip”

Hikers leaving

- “Hope you had a great time”
- Any comments or concerns about backcountry experience?
- If interested: go over same stuff for entering...could be good info for next time

Supplies

Most supplies are in one of the two gray Tupperware boxes, the larger one is for day hiker trailheads.

Small version

- Table
- Candy
- Stickers
- Map
- Regulations
- LNT literature
- Full stuff sac and rope
- Trowel
- Grosse TP
- Plastic baggies/when nature calls kits
- Leashes

Extended

- Example fire wood
- Fire pan/blanket
- Dirt/mineral soil
- High line
- Palletized feed
- Fake lake
- Tent
- Distance signs

Trail Contacts

When you go out to make trail contacts remember that some people go out into the wilderness to get away from people and may not want to talk to you. There is a fineline in wanting to make sure that everyone in the backcountry is doing what they can to preserve its wild character, and not being considerate of other visitors. Pass out hang tags, dos on leash cards, and candy to kids to entice people to talk to you. Bring a trash bag and a shovel to help the rangers out with their job. If people see you picking up litter, hauling around a trash bag or cleaning out campfire rings, use it as an icebreaker to show them the impacts of people who do not follow leave no trace, and tell them what they can do to avoid the same mistakes.

Bring a camera and binoculars to set a good example to other visitors. Tell people why it is important to only view wildlife from a distance. Talk about why it is a better option to take pictures of interesting natural or cultural artifacts rather than taking them home. Try to drum up enthusiasm for the beauty of the place, and how important it is to keep it that way.

When you are out in the backcountry there is a strong chance that you will encounter visitors doing things that they shouldn't. It is important to approach them in such a way that they learn something and don't feel belittled. The article "Authority of the Resource" gives an alternative to pointing out regulation violations. Read the article and try to use the resource itself to help people understand the impacts of their actions and hopefully get them to correct themselves. Some people have less knowledge than others about ecology, and some will need much more explanation.

Keep in mind when you are doing this that some people are just assholes. People who knowingly break the regulations, leave their trash, and other atrocities on purpose are out there. If you get the feeling that these people are not going to listen to you, just end the conversation and move on. Your time is better spent talking and discussing with people that are interested than trying to preach to a lost cause. If you encounter anyone really creepy, key your radio, make it seem as if your "partner" is just up the trail, and get yourself out of the situation. Your safety comes first (don't forget your first aid kit!).

Frontcountry

Plan Ahead

Watch for hazards and follow all the rules of the park or outdoor facility. Remember proper clothing, sunscreen, hats, first aid kits, and plenty of drinking water. Use the buddy system. Make sure you carry your family's name, phone number, and address.

Stick to Trails

Stay on marked trails whenever possible. Short-cutting trails causes the soil to wear away or to be packed, which eventually kills trees and other vegetation. Trampled wildflowers and vegetation take years to recover. Stick to trails!

Manage your Pet

Managing your pet will keep people, dogs, livestock, and wildlife from feeling threatened. Make sure your pet is on a leash or controlled at all times. Do not let your pet approach or chase wildlife. When animals are chased or disturbed, they change eating patterns and use more energy that may result in poor health or death.

Take care of your pet's waste. Take a small shovel or scoop and a pick-up bag to pick up your pet's waste—wherever it's left. Place the waste bags in a trash can for disposal.

Leave what you Find

When visiting any outdoor area, try to leave it the same as you find it. The less impact we each make, the longer we will enjoy what we have. Even picking flowers denies others the opportunity to see them and reduces seeds, which means fewer plants next year.

Use established restrooms. Graffiti and vandalism have no place anywhere, and they spoil the experience for others. Leave your mark by doing an approved conservation project.

Respect other Visitors

Expect to meet other visitors. Be courteous and make room for others. Control your speed when biking or running. Pass with care and let others know before you pass. Avoid disturbing others by making noise or playing loud music.

Respect "No Trespassing" signs. If property boundaries are unclear, do not enter the area.

Trash your Trash

Make sure all trash is put in a bag or trash receptacle. Trash is unsightly and ruins everyone's outdoor experience. Your trash can kill wildlife. Even materials, such as orange peels, apple cores and food scraps, take years to break down and may attract unwanted pests that could become a problem.

Backcountry

Plan Ahead and Prepare

Proper trip planning and preparation helps hikers and campers accomplish trip goals safely and enjoyably while minimizing damage to natural and cultural resources. Campers who plan ahead can avoid unexpected situations, and minimize their impact by complying with area regulations such as observing limitations on group size. Schedule your trek to avoid times of high use. Obtain permits or permission to use the area for your trek.

Proper planning ensures

- Low-risk adventures because campers obtained information concerning geography and weather and prepared accordingly
- Properly located campsites because campers allotted enough time to reach their destination
- Appropriate campfires and minimal trash because of careful meal planning and food repackaging and proper equipment
- Comfortable and fun camping and hiking experiences because the outing matches the skill level of the participants

Travel and Camp on Durable Surfaces

Damage to land occurs when visitors trample vegetation or communities of organisms beyond recovery. The resulting barren areas develop into undesirable trails, campsites, and soil erosion.

Concentrate Activity, or Spread Out?

- In high-use areas, campers should concentrate their activities where vegetation is already absent. Minimize resource damage by using existing trails and selecting designated or existing campsites. Keep campsites small by arranging tents in close proximity.
- In more remote, less-traveled areas, campers should generally spread out. When hiking, take different paths to avoid creating new trails that cause erosion. When camping, disperse tents and cooking activities—and move camp daily to avoid creating permanent-looking campsites. Avoid places where impacts are just beginning to show. Always choose the most durable surfaces available: rock, gravel, sand, compacted soil, dry grasses, or snow.

These guidelines apply to most alpine settings and may be different for other areas, such as deserts. Learn the Leave No Trace techniques for your crews specific activity or destination. Check with land managers to be sure of the proper technique.

Dispose of Waste Properly

(Pack It In, Pack It Out)

This simple yet effective saying motivates backcountry visitors to take their trash home with them. It makes sense to carry out of the backcountry the extra materials taken there by your group or others. Inspect your campsite for trash or spilled foods. Accept the challenge of packing out all trash, leftover food, and litter.

Sanitation

Backcountry users create body waste and wastewater that require proper disposal.

Wastewater. Help prevent contamination of natural water sources: After straining food particles, properly dispose of dishwater by dispersing at least 200 feet (about 80 to 100 strides for a youth) from springs, streams, and lakes. Use biodegradable soap 200 feet or more from any water source.

Human Waste. Proper human waste disposal helps prevent the spread of disease and exposure to others. Catholes 6 to 8 inches deep in humus and 200 feet from water, trails, and campsites are often the easiest and most practical way to dispose of feces.

Leave What You Find

Allow others a sense of discovery, and preserve the past. Leave rocks, plants, animals, archaeological artifacts, and other objects as you find them. Examine but do not touch cultural or historical structures and artifacts. It may be illegal to remove artifacts.

Minimize Site Alterations

Do not dig tent trenches or build lean-tos, tables, or chairs. Never hammer nails into trees, hack at trees with hatchets or saws, or damage bark and roots by tying horses to trees for extended periods. Replace surface rocks or twigs that you cleared from the campsite. On high-impact sites, clean the area and dismantle inappropriate user-built facilities such as multiple fire rings and log seats or tables.

Good campsites are found, not made. Avoid altering a site, digging trenches, or building structures.

Minimize Campfire Impacts

Some people would not think of camping without a campfire. Yet the naturalness of many areas has been degraded by overuse of fires and increasing demand for firewood.

Lightweight camp stoves make low-impact camping possible by encouraging a shift away from fires. Stoves are fast, eliminate the need for firewood, and make cleanup after meals easier. After dinner, enjoy a candle lantern instead of a fire.

If you build a fire, the most important consideration is the potential for resource damage. Whenever possible, use an existing campfire ring in a well-placed campsite. Choose not to have a fire in areas where wood is scarce—at higher elevations, in heavily used areas with a limited wood supply, or in desert settings.

True Leave No Trace fires are small. Use dead and downed wood that can be broken easily by hand. When possible, burn all wood to ash and remove all unburned trash and food from the fire ring. If a site has two or more fire rings, you may dismantle all but one and scatter the materials in the surrounding area. Be certain all wood and campfire debris is dead out.

Respect Wildlife

Quick movements and loud noises are stressful to animals. Considerate campers practice these safety methods:

- Observe wildlife from afar to avoid disturbing them.
- Give animals a wide berth, especially during breeding, nesting, and birthing seasons.
- Store food securely and keep garbage and food scraps away from animals so they will not acquire bad habits. Never feed wildlife. Help keep wildlife wild.

You are too close if an animal alters its normal activities.

Be Considerate of Other Visitors

Thoughtful campers respect other visitors and protect the quality of their experience.

- Travel and camp in small groups (no more than the group size prescribed by land managers).
- Let nature's sounds prevail. Keep the noise down and leave radios, tape players, and pets at home.
- Select campsites away from other groups to help preserve their solitude.
- Always travel and camp quietly to avoid disturbing other visitors.
- Make sure the colors of clothing and gear blend with the environment.
- Respect private property and leave gates (open or closed) as found.

Be considerate of other campers and respect their privacy.