**Southeast Coastal Wilderness**

**Leave No Trace**

Minimize your impact on wilderness...
- Take only pictures.
- Leave only footprints.
- Challenge yourself to Leave No Trace!

Use a stove to minimize damage.
- Schedule your trip to avoid times of high use.
- Leave natural and historic items for others to discover.
- View wildlife from a distance.

**Safety**

Wilderness travel involves a degree of risk.
- Safety is your responsibility.

Stay off high ridges and peaks during lightning storms.
- Drink only treated water.
- Bring clothing for all weather conditions.

**Regulations**

To protect wilderness values...
- No more than 15 people and/or 10 pack, saddle or draft animals are allowed per group.
- Processed or weed free livestock feed is required.
- Stay on established trails, short-cutting switchbacks is prohibited.
- Bicycles, carts, and wheeled or motorized equipment are not permitted (except wheelchairs).
- Dogs must be on a leash.

**National Wilderness**

The Wilderness Act of 1964 established the National Wilderness Preservation System to “secure for the American people of present and future generations the benefits of an enduring resource of wilderness.” Wilderness is part of our history and legacy. It is land that is special; wild places where one can retreat from civilization, reconnect with the Earth, and find healing, meaning and significance. Go to www.wilderness.net for more information.