Leave No Trace

Minimize your impact in Wilderness resources...

Take only pictures
Leave only footprints
Challenge yourself to Leave-No-Trace

Dispose of human waste in a 6-8 inch deep "cat-hole" at least 200 feet from any water.

Dispose of waste properly. Pack out all trash. Wash at least 200 feet from any water.

Use a stove. If a fire is needed, use existing fire rings.

Leave natural and historic items for others to discover.

Use existing campsites in popular areas. Move your campsite daily in low use areas.

Stay on established trails—do not cut switchbacks.

Plan ahead and prepare.

- Know the regulations for the area you will visit.
- Prepare for extreme weather, hazards, and emergencies.
- Schedule your trip to avoid times of high use.
- Visit in small groups.
- Use a map and compass.

Travel and camp on durable surfaces.

- Durable surfaces include established trails and campsites, rock, gravel, dry grass, or snow.
- Protect riparian areas by camping at least 200 feet from lakes and streams or as otherwise posted or in designated campsites if they exist.
- A good campsite is found, not made. Altering a campsite is not necessary, especially in popular areas.
- Concentrate use on existing trails and campsites.
- Walk single file in the middle of the trail, even when wet or muddy.
- Keep campsites small. Focus activity in areas where vegetation is absent in pristine areas.
- Disperse use to prevent the creation of campsites and trails.
- Avoid places where impacts are just beginning.

Dispose of waste properly.

- Pack it in, pack it out. Inspect your campsite and rest areas for trash or spilled food, and pack out all trash and leftover food.
- Deposit solid human waste in catholes dug 6-8 inches deep at least 200 feet from water, camp, or trails. Cover and disguise the cathole when finished.
- Pack out toilet paper and personal hygiene products.

• Wash yourself and dishes at least 200 feet away from streams or lakes and use small amounts of biodegradable soap. Strain and scatter dishwater.

Leave what you find.

• Preserve the past: examine, but do not touch cultural or historic structures and artifacts.
• Leave rocks, plants, and other natural objects as you find them.
• Avoid introducing or transporting non-native species.
• Do not build structures, furniture, or dig trenches.

Minimize campfire impacts.

• Use a lightweight stove for cooking and enjoy a candle lantern for light.
• Where fires are permitted, use established fire rings or a fire pan.
• Keep fires small. Only use sticks from the ground that can be broken by hand.
• Burn all wood and coals to ash. Put out campfires completely and scatter cool ashes.

Respect wildlife.

• Observe wildlife from a distance.
• Do not follow or approach wildlife.
• Never feed animals
• Protect wildlife and food by storing rations and trash securely.
• Leash pets at all times or leave them at home.
• Avoid wildlife during sensitive times (mating, nesting, while raising young, or in winter).

Be considerate of other visitors.

• Respect other visitors and protect the quality of their experience.
• Be courteous. Yield to other users on the trail.
• Step to the downhill side of the trail when encountering pack

SAFETY

Wilderness travel involves an inherent degree of risk. Your safety is your responsibility.

Stay off high ridges and peaks during lightening storms!

Wear proper footwear and take clothing for all weather conditions. The terrain is rocky and weather changes occur quickly.

Carry drinking water and treat wilderness water supplies prior to use.

Plan your route, take a map and compass, and let others know your travel plans.

REGULATIONS

To protect wilderness resources:
Motorized or mechanized equipment including hang gliders, mountain bikes, wagons, carts, or chainsaws are not permitted (wheelchairs are allowed on trails).

Camping or livestock grazing is not permitted within 100 feet of lakes, streams, and trails or as otherwise posted.

No more than 15 people or a combination of 25 pack animals and people are allowed per group.

Dogs must be on leash at all times.

If recreational livestock are used:
Livestock feed and hay must be certified weed-free.

The maximum group size of people and stock combined can not exceed .

Restrain livestock at least 100 feet from any water source.