



The Seven Principles of Leave No Trace

- Plan Ahead and Prepare
- Travel and Camp on Durable Surfaces
- Dispose of Waste Properly
- Leave What You Find
- Minimize Campfire Impacts
- Respect Wildlife
- Be Considerate of Other Visitors

For more information, please visit <https://www.scouts.ca/resources/program-resources/leave-no-trace.html>

1. Plan Ahead and Prepare

- Identify the skill and ability of trip participants.
 - Select destinations that match your goals, skills, and abilities
- Prepare for extreme weather, hazards, and emergencies.
 - Dressing / Camping Gear
 - First Aid kit and nearest hospital location
- Visit in small groups to reduce the effects to nature
- Prepare a meal plan that
 - Repackage in sealable bags to reduce trash and pack weight, resulting in faster hiking times and less fatigue.
 - Reduce dependence upon campfires for cooking.

2. Travel and Camp on Durable Surfaces

- Stay in a trail if possible
- Camp at least 70 meters from lakes and streams
- Good campsites are found, not made.
- Return to the state when you arrived the camp site with minimum disturbance

3. Dispose of Waste Properly

- Pack it in, pack it out. Pack out all trash, leftover food, and litter
- Deposit solid human waste in catholes dug 15 to 20 centimeters deep at least 70 meters from water, camp, and trails. Cover and disguise the cathole when finished.
- Pack out toilet paper and hygiene products.
- To wash yourself or your dishes, carry water 70 meters away from streams or lakes and use small amounts of biodegradable soap. Scatter strained dishwater.



4. Leave What You Find

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

5. Minimize Campfire Impacts

- Campfires can cause lasting impacts to the backcountry. Use a lightweight stove for cooking and enjoy a candle or LED lantern for light.
- Where fires are permitted, use established fire rings, fire pans, or mound fires.
- Keep fires small. Only use sticks from the ground that can be broken by hand.
- Burn all wood and coals to ash, put out campfires completely, then scatter cool ashes.

6. Respect Wildlife

- Observe wildlife from a distance. Do not follow or approach them.
- Never feed animals. Feeding wildlife damages their health, alters natural behaviors, and exposes them to predators and other dangers.
- Protect wildlife and your food by storing rations and trash securely.
- Control pets at all times or leave them at home.
- Avoid wildlife during sensitive times: mating, nesting, raising young, or winter.

7. Be Considerate of Other Visitors

- Respect other visitors and protect the quality of their experience.
- Be courteous. Yield to other users on the trail.
- Step to the downhill side of the trail when encountering pack stock.
- Take breaks and camp away from trails and other visitors.
- Let nature's sounds prevail. Avoid loud voices and noises