



# Leave No Trace

## *Seven Principles Overview*

[www.lnt.org](http://www.lnt.org)



The **Leave No Trace Seven Principles** are the bedrock of the Leave No Trace program. They provide guidance to enjoy our natural world in a sustainable way that avoids human-created impacts. The principles have been adapted so they can be applied in your backyard or your local country-side.

**Plan Ahead and Prepare:** Know the regulations & special concerns for the area you'll visit; Prepare for bad weather, hazards, & emergencies; Schedule your trip to avoid times of high use; Visit in small groups when possible; Repackage food to minimize waste.



**Travel and Camp on Durable Surfaces:** Durable surfaces include established trails and campsites, rock, gravel, dry grasses or snow; **Protect riparian areas** by camping at least 50 metres from lakes & streams; Good campsites are found, not made. Altering a site is not necessary.



**In popular areas:** Concentrate use on existing trails & 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 & trails; Avoid places where impacts are just beginning.

**Dispose of Waste Properly:** Pack it in, pack it out. Inspect your campsite & rest areas for rubbish or spilled foods. Pack out all rubbish, leftover food & litter; **Deposit solid human waste in cat-holes** dug 6 to 8 inches deep, at least 60m from water, camp & trails; Cover & disguise the cat-hole when finished; **Pack out toilet paper & hygiene products;** When **washing yourself or your dishes**, carry water 60m away from streams or lakes & use small amounts of biodegradable soap. Scatter strained dishwater.





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**Leave What You Find:** Preserve the past: examine, but do not touch cultural or historic structures & artefacts; Leave rocks, plants & 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:** Campfires can cause lasting impacts to the environment. Use a lightweight stove for cooking & enjoy a 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 & coals to ash, put out campfires completely, then scatter cool ashes.

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



**Be Considerate of Other Visitors:** Respect other visitors & protect the quality of their experience. Be courteous. Yield to other users on the trail. Take breaks & camp away from trails & other visitors. Let nature's sounds prevail. Avoid loud voices and noises.

Find out more detail about the 7 key principles at:

[www.lnt.org/learn/7-principles](http://www.lnt.org/learn/7-principles)

**Scottish Outdoor Access Code:** In Scotland we enjoy the freedom to roam in most areas of the country, while taking into account the rights of all land & waterway users. Anyone heading for the outdoors should be familiar with what they should or shouldn't do, before they go & you can find out more at [www.outdooraccess-scotland.scot](http://www.outdooraccess-scotland.scot)