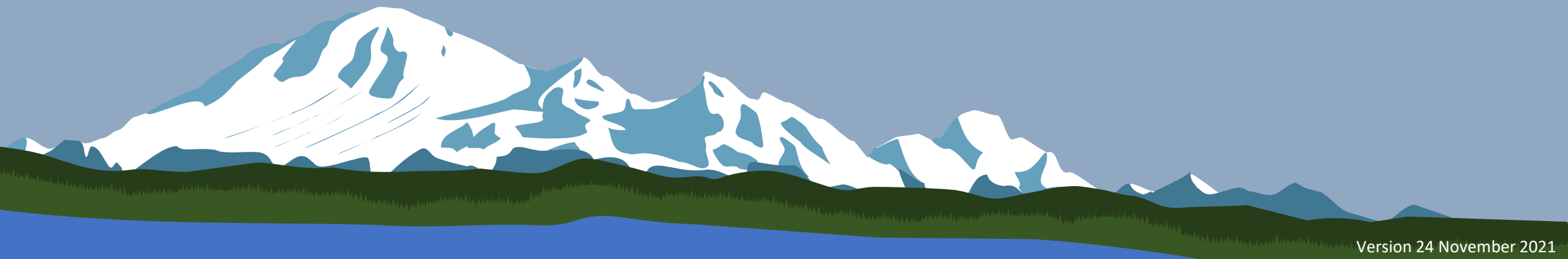


Leave No Trace

Mount Baker and Chief of Seattle Council
Winter Skills Adventure Program



Leave No Trace

As long as I'll live, I'll hear waterfalls and birds and winds sing.

I'll interpret the rocks, learn the language of flood, storm, and the avalanche.

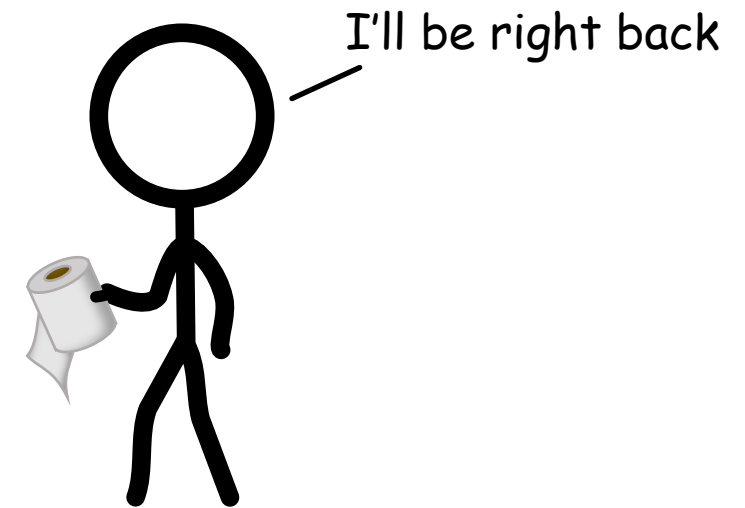
*I'll acquaint myself with the glaciers and wild gardens,
and get as near the heart of the world as I can.*

—John Muir

Why Leave No Trace?

We Love the Outdoors

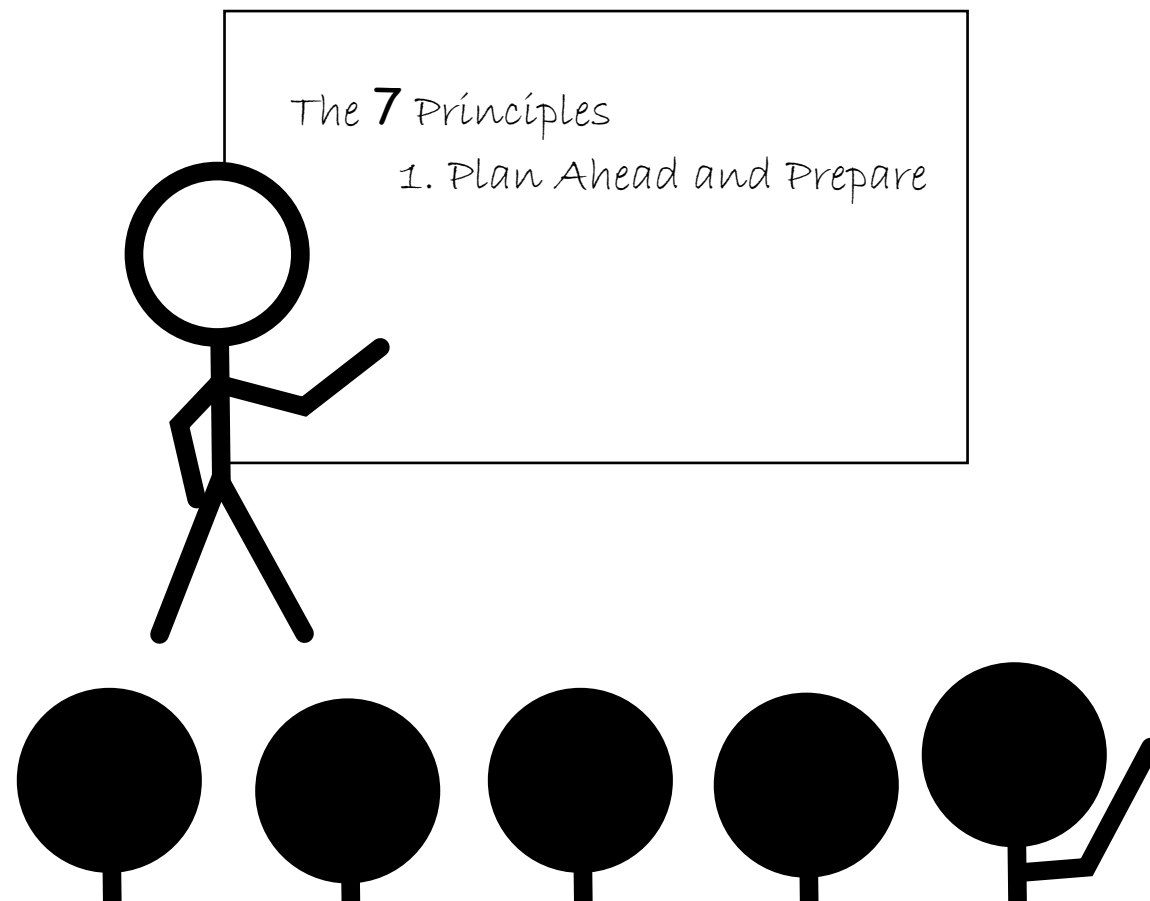
- Americans go on around 11 BILLION outdoor outings a year
- This results in a HUGE impact on the places we love to visit
- Imagine what 11 Billion outings does
 - Trampled vegetation
 - Cut down and burned trees and limbs
 - Trash left behind
 - Used toilet paper



What is Leave No Trace?

An Organization/Concept with a Mission

- Protect our Lands through
 - Education
 - Skills
 - Research
- Help people care for the outdoors



What is Leave No Trace?

An Organization/Concept with a Mission

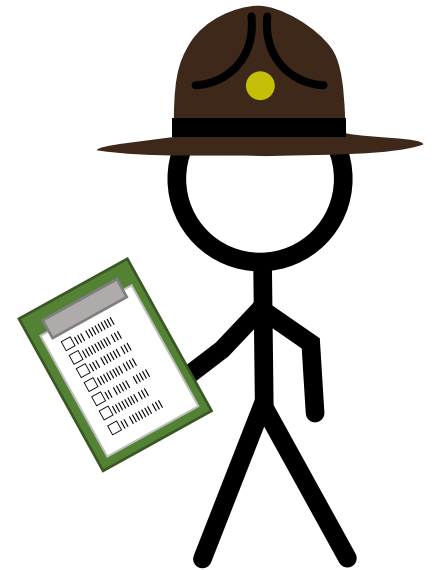
**Education is Better than:
Expensive Restoration Programs
Restricting Access**



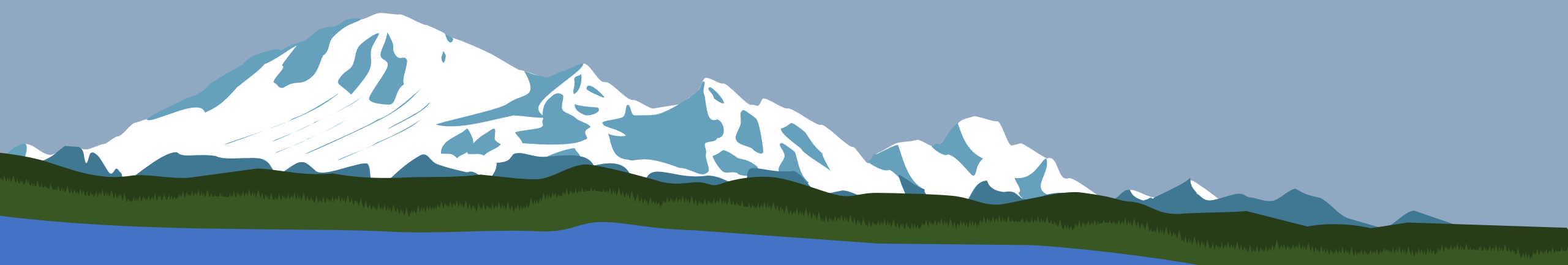
The 7 Principles

of Leave No Trace

1. Plan Ahead and Prepare
 2. Travel and Camp on Durable Surfaces
 3. Dispose of Waste Properly
 4. Leave What You Find
 5. Minimize Campfire Impacts
 6. Respect Wildlife
 7. Be Considerate of Other Visitors
-



1. Plan Ahead and Prepare



Leave No Trace

Plan Ahead and Prepare







- This will help you avoid unnecessary problems
 - Better prepare for emergencies
 - Avoid emergencies
 - Avoid damaging the environment



Leave No Trace

Plan Ahead and Prepare – Do Your Research

- Know the area and what to expect
- ALWAYS check avalanche and weather reports prior to departure
- Consult maps and local authorities about
 - High danger areas
 - Safety information
 - Regulations for the area you plan to visit

North American Public Avalanche Danger Scale		
Avalanche danger is determined by the likelihood, size and distribution of avalanches.		
Danger Level		Travel Advice
5 Extreme		Avoid all avalanche terrain.
4 High		Very dangerous avalanche conditions. Travel in avalanche terrain not recommended.
3 Considerable		Dangerous avalanche conditions. Careful snowpack evaluation, cautious route-finding and conservative decision-making essential.
2 Moderate		Heightened avalanche conditions on specific terrain features. Evaluate snow and terrain carefully; identify features of concern.
1 Low		Generally safe avalanche conditions. Watch for unstable snow on isolated terrain features.
No Rating		Watch for signs of unstable snow such as recent avalanches, cracking in the snow, and audible collapsing. Avoid travelling on or under similar slopes.

Safe backcountry travel requires training and experience. You control your own risk by choosing where, when and how you travel.

Leave No Trace

Plan Ahead and Prepare – Risk Mitigation

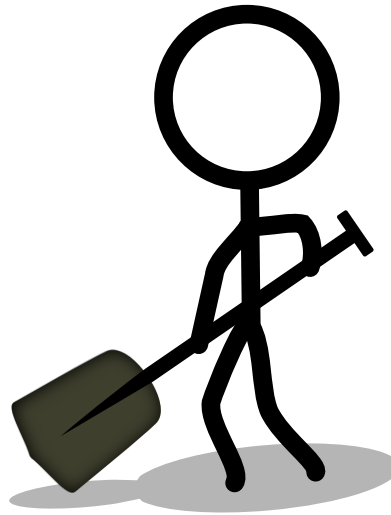
- Prepare for
 - Extreme weather
 - Hazards
 - Emergencies
- Monitor snow conditions frequently



Leave No Trace

Plan Ahead and Prepare – Risk Mitigation

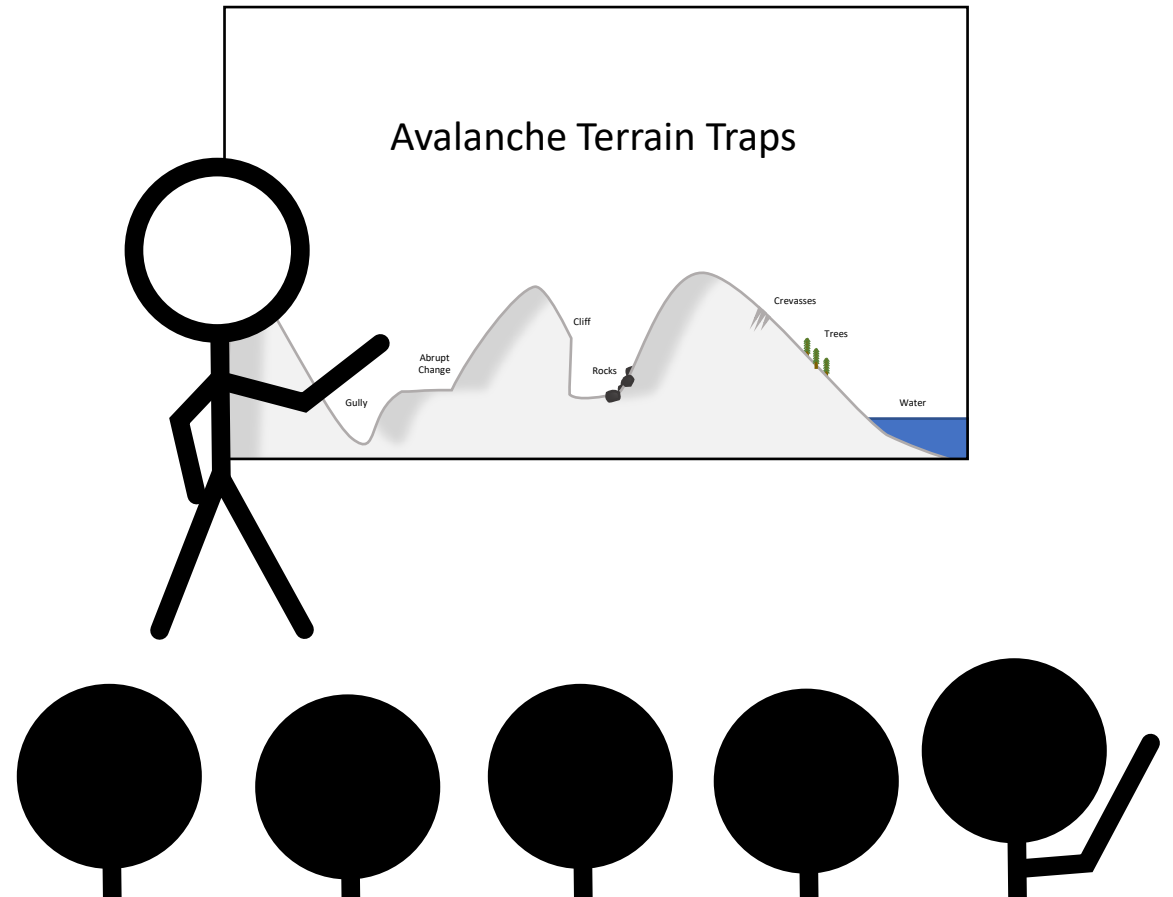
- Carry and use an
 - Avalanche beacon
 - Probe
 - Shovel



Leave No Trace

Plan Ahead and Prepare – Risk Mitigation

- Educate yourself by taking a winter backcountry travel course



Leave No Trace

Plan Ahead and Prepare – Travel Plan

- Visit the backcountry in small groups
- Never travel alone
- Leave your itinerary with family or friends

Emergency Response Plan

Dates of trip:

Trip location and description: [See the trip plan.]

Group leader:

Group members:

Medical training level of leaders and members:

Resources:
Location of nearest public telephones:
Group first-aid kit:
Mobile phone number(s):

Emergency contacts:
[Include telephone numbers of land management agencies, BSA council officials, emergency response system, and search-and-rescue alert numbers.]

Conditions for activating an emergency response:
[For instance, if you are a day late.]

Driving instructions to clinics, hospitals, and other health-care facilities:

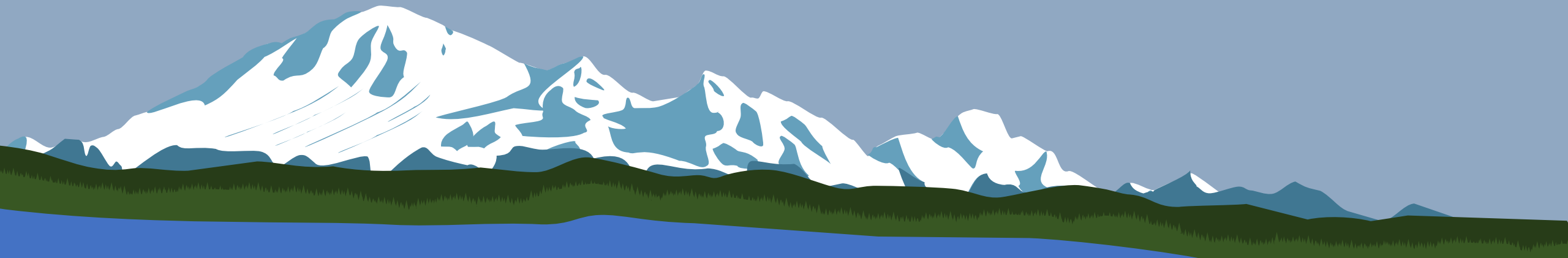
Leave No Trace

Plan Ahead and Prepare – Limit Trash

- Repackage food into reusable containers



2. Travel and Camp on Durable Surfaces



Leave No Trace

Travel and Camp on Durable Surfaces – On the Trail

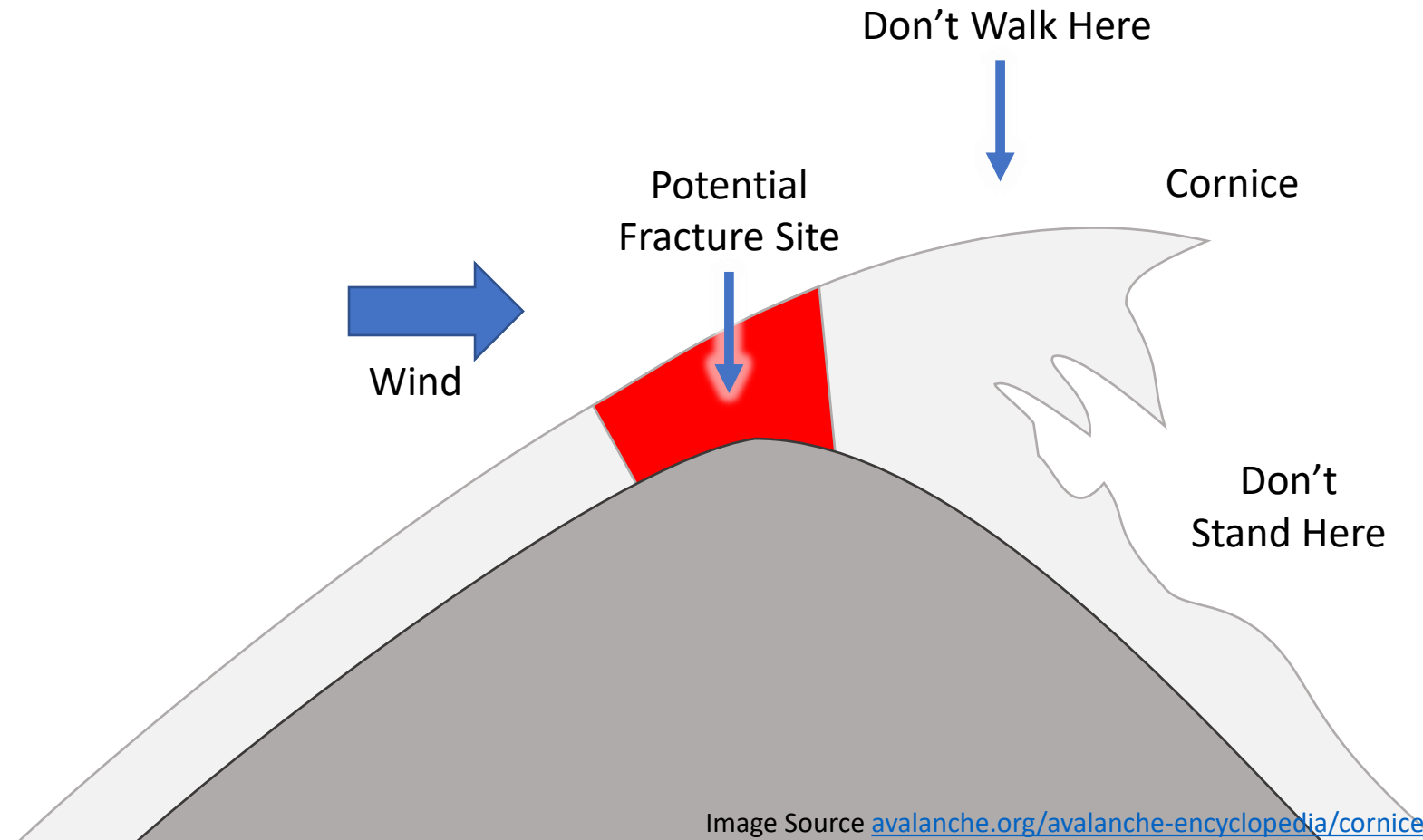
- Stay on deep snow cover whenever possible
- Muddy conditions - stay on snow or walk in the middle of the trail
 - Avoid creating new trails and damaging trailside plants



Leave No Trace

Travel and Camp on Durable Surfaces – On the Trail

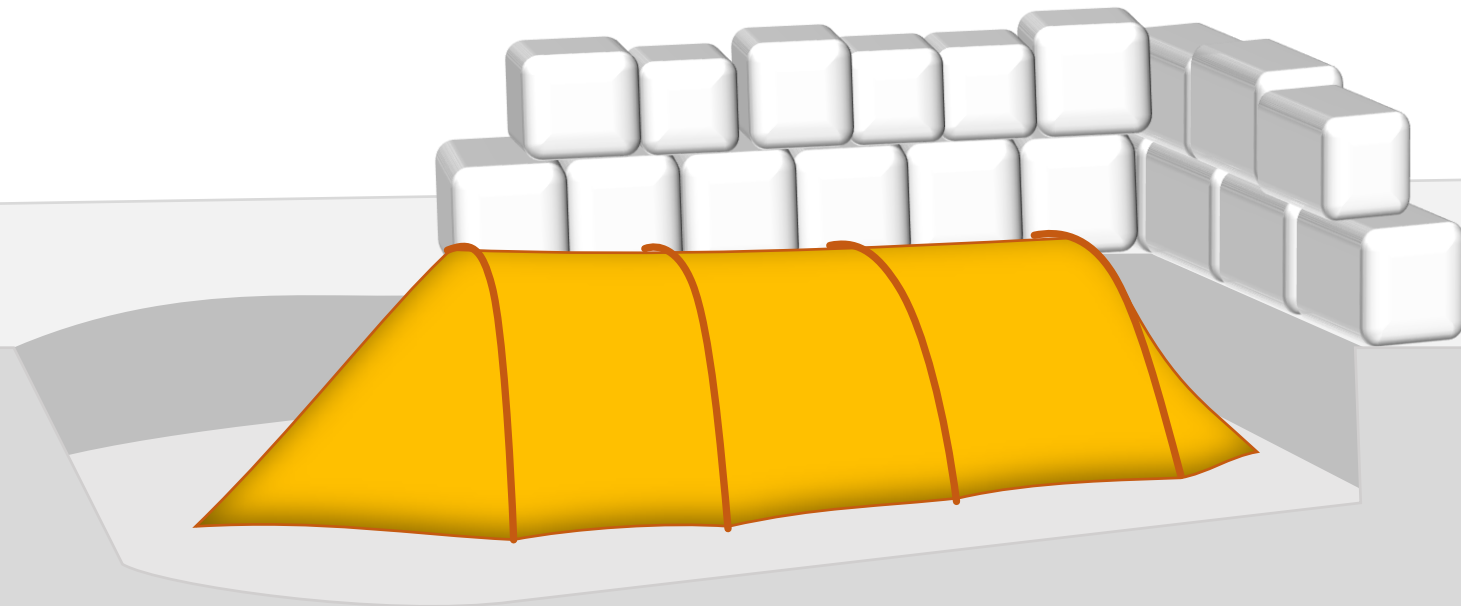
- Travel and Camp away from
 - Avalanche paths
 - Cornices
 - Steep slopes
 - Unstable snow



Leave No Trace

Travel and Camp on Durable Surfaces – At Camp

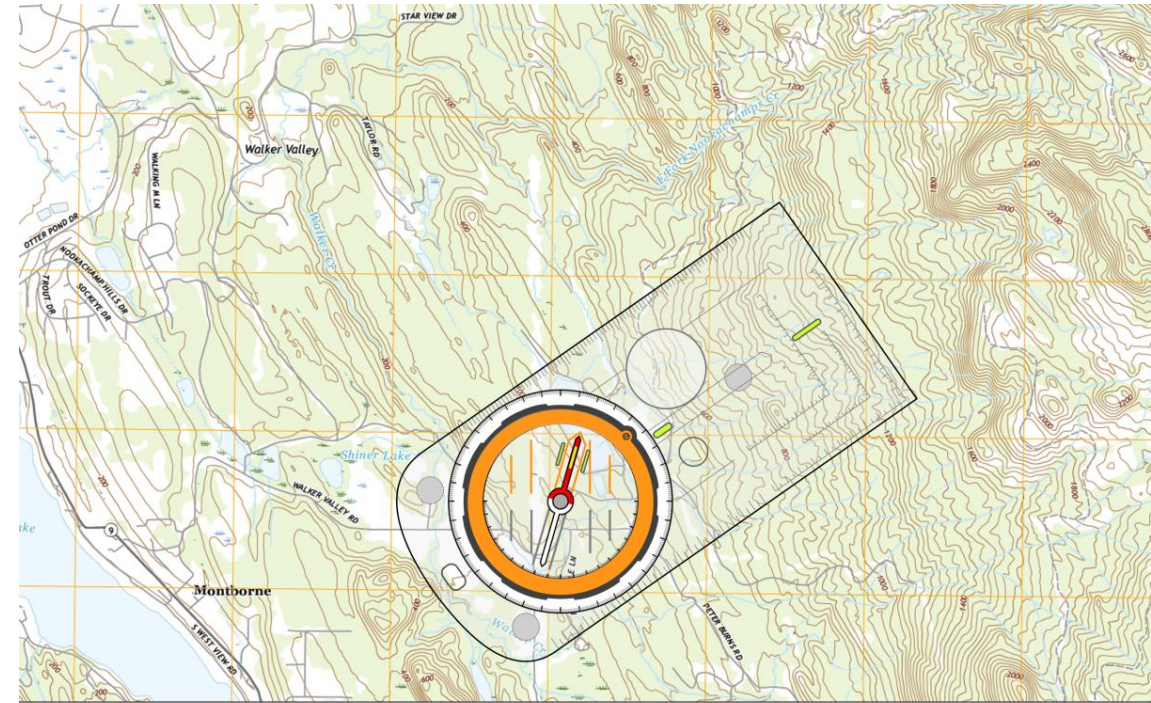
- Choose a site on durable surfaces
 - Snow
 - Rock
 - Mineral soil
 - NOT tundra or other fragile vegetation



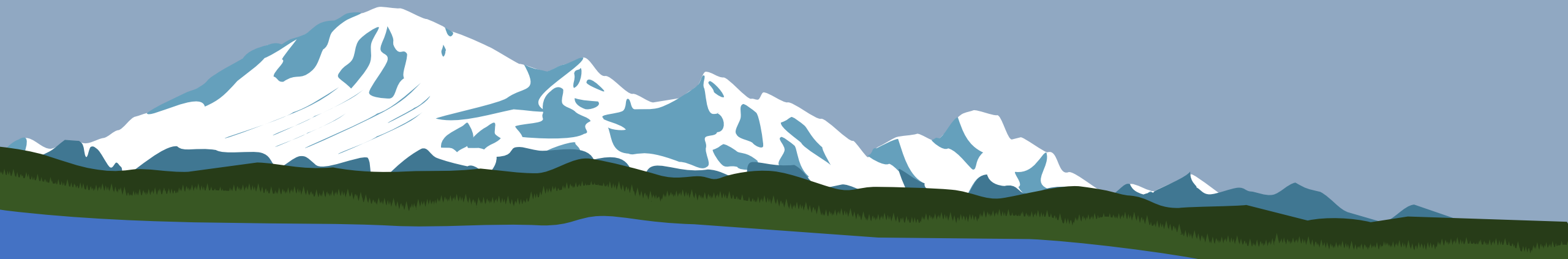
Leave No Trace

Travel and Camp on Durable Surfaces – At Camp

- Camp Selection
 - Safe, stable site
 - Out of view of heavily-traveled routes and trails
 - 200 feet (70 adult steps) or more from
 - Lakes
 - Streams
 - - consult your map since these may be hidden from view



3. Dispose of Waste Properly



Leave No Trace

Dispose of Waste Properly - Pack It In, Pack It Out

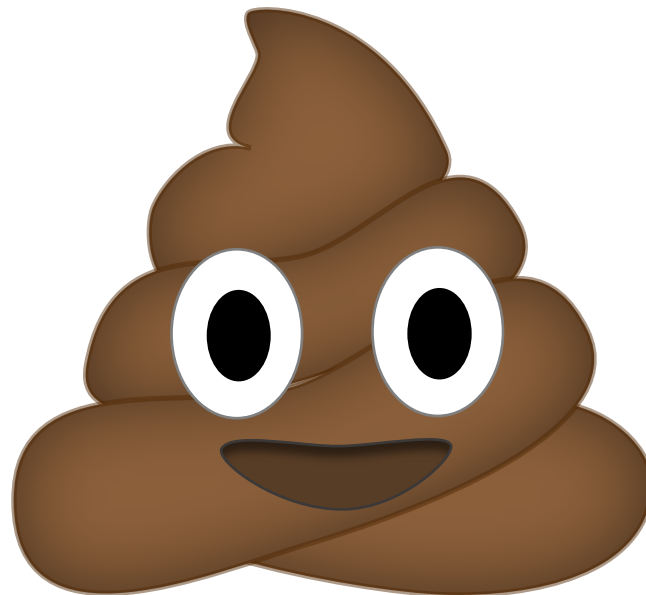
- Pack out everything you bring with you
- Burying trash and litter in the snow or ground is unacceptable
- Pick up all
 - Food scraps
 - Wax shavings
 - Pieces of litter
- Pack out all trash: yours and others



Leave No Trace

Human Waste and Sanitation - Poop

- Human waste is a Leave No Trace issue
 - Don't leave poop for other to find – that's just nasty!
- Also important for health
 - Exposed feces is nasty and spreads disease



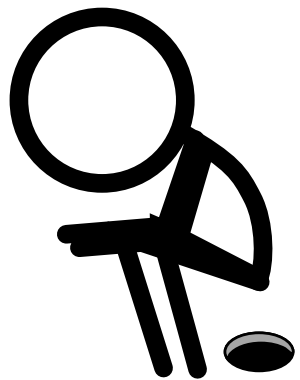
Leave No Trace

Pooping in the Woods – NO Snow

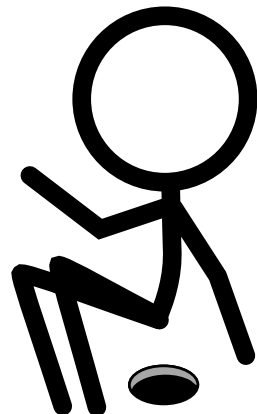
- Maybe your people just don't know how to poop in the woods
 - Dig a hole 6-8 inches deep
 - Poop IN hole – if you miss, use stick
 - Wipe
 - Fill hole

Tools needed:

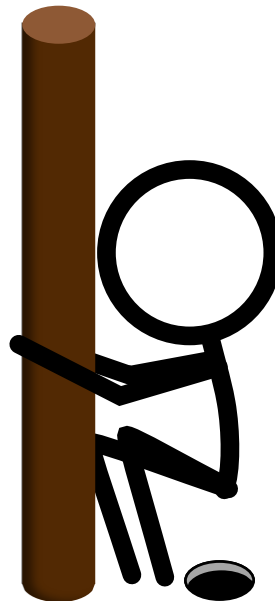
- Trowel
- Toilet Paper
- Stick



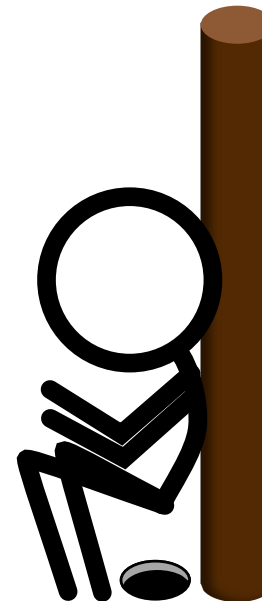
The Squat



The Tripod



The Tree Hugger



The Tree Back

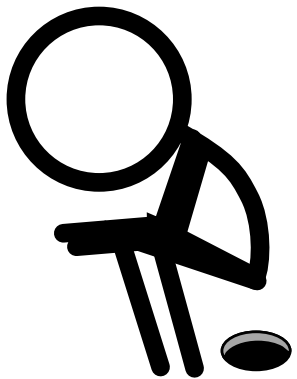


Log Assist

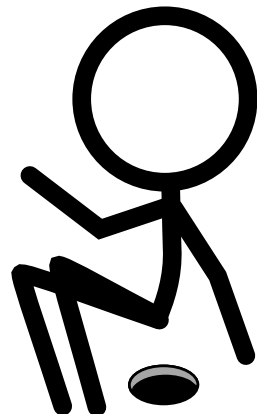
Leave No Trace

Pooping in the Woods – NO Snow

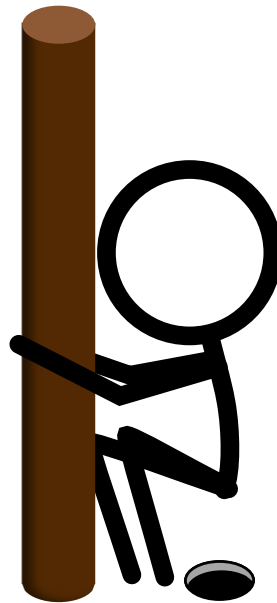
- Choose a site
 - Away from travel routes
 - At least 200 feet (70 adult steps) from water sources



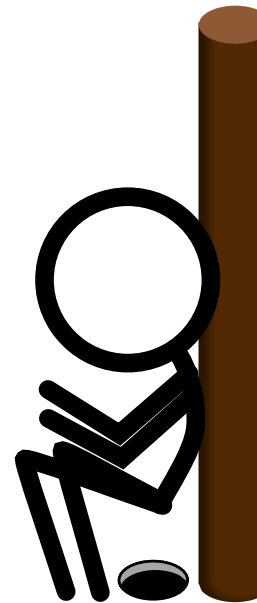
The Squat



The Tripod



The Tree Hugger



The Tree Back

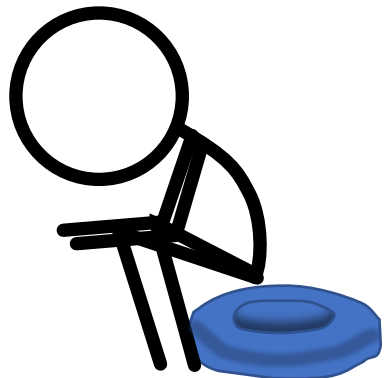
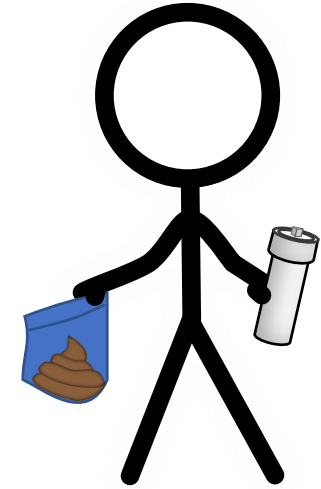


Log Assist

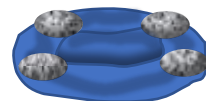
Leave No Trace

Pooping in the Woods – Can't Dig

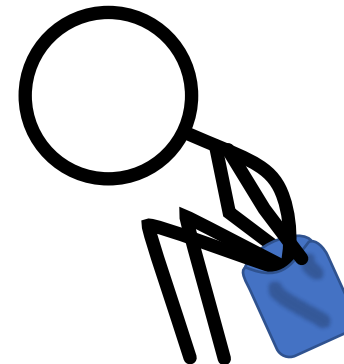
- You may not be able to dig a cathole
 - Deep snow (don't bury for someone to find in spring)
 - Glaciers
 - Narrow river canyons
- Use a sealable [Wag Bag](#) or [Poop Tube](#) to pack out



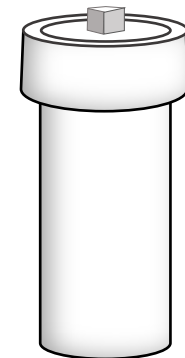
The Wag Bag



Weighted Bag for Wind



Butt Bag



Poop Tube

Leave No Trace

Human Waste and Sanitation – Sanitation

- Seal up your Wag Bag or Poop Tube
 - You really don't want leaks after things warm up
 - Don't forget to empty your pack when you get back to civilization!
- Use hand sanitizer
 - After returning from latrine or cathole
 - Before and after handling food
 - Before eating



Leave No Trace

Dispose of Waste Properly – Minimize Waste

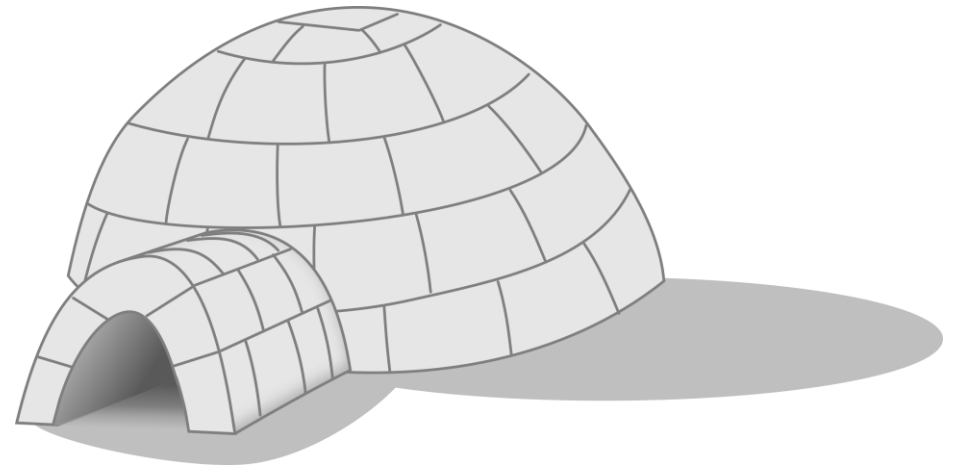
- Use toilet paper or wipes sparingly
 - Pack them out
- If necessary, use small amounts of biodegradable soaps for dishes
 - Strain dishwater into a sump hole if possible



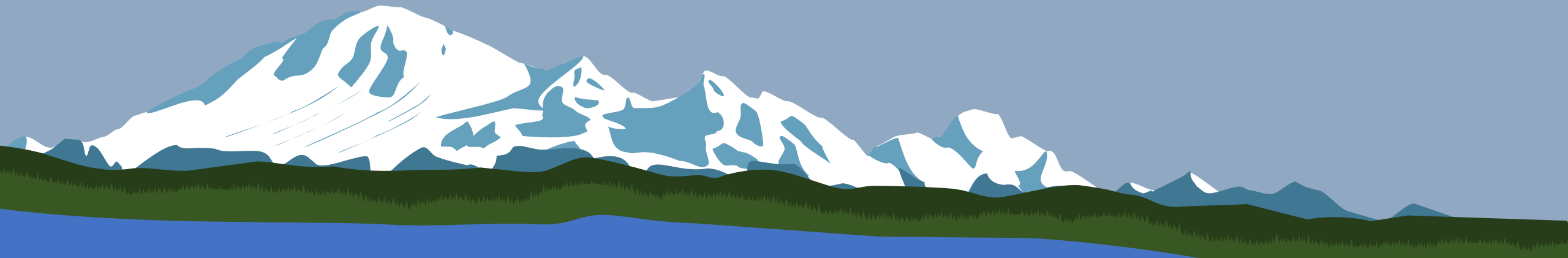
Leave No Trace

Dispose of Waste Properly – Sterilize Your Camp

- Inspect your campsite for trash and evidence of your stay
- Dismantle all snow shelters, igloos and wind breaks
- Naturalize the area before you leave
 - Don't leave lumps or surprise holes for others to find



4. Leave What You Find



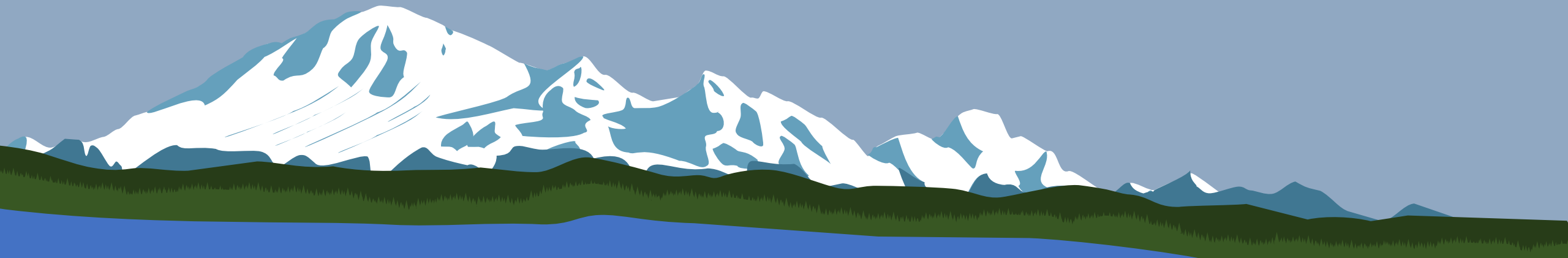
Leave No Trace

Leave What You Find

- Leave as you find
 - All plants
 - Rocks
 - Animals
 - Historical or cultural artifacts



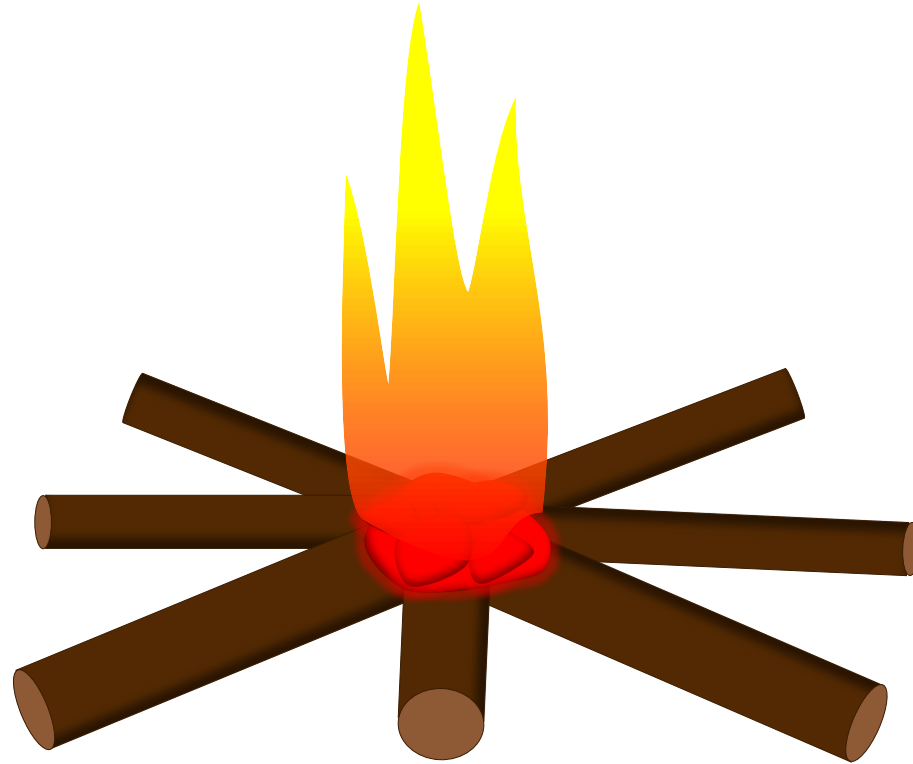
5. Minimize Campfire Impacts



Leave No Trace

Minimize Campfire Impacts – Avoid When Possible

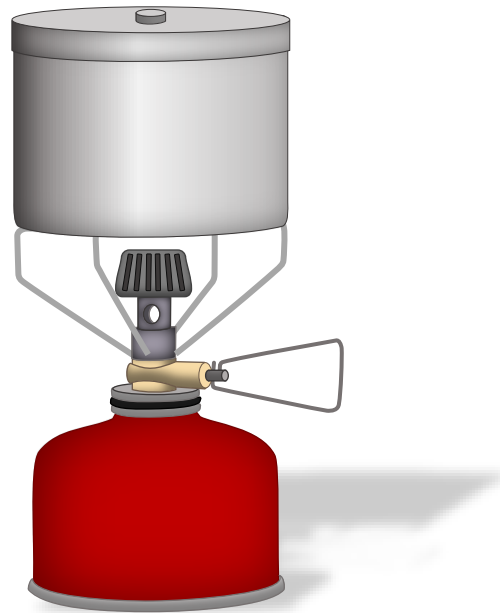
- Campfires cause lasting impacts in the backcountry



Leave No Trace

Minimize Campfire Impacts – Avoid When Possible

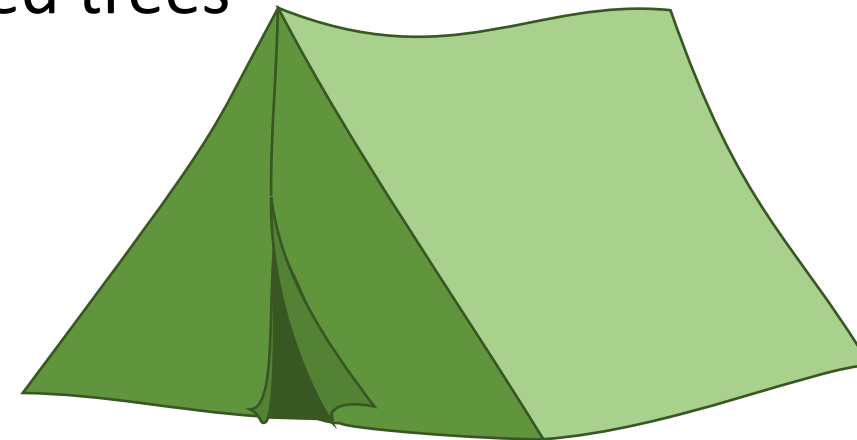
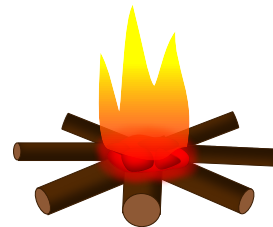
- Avoid campfires when possible
 - Always carry a lightweight camp stove for cooking



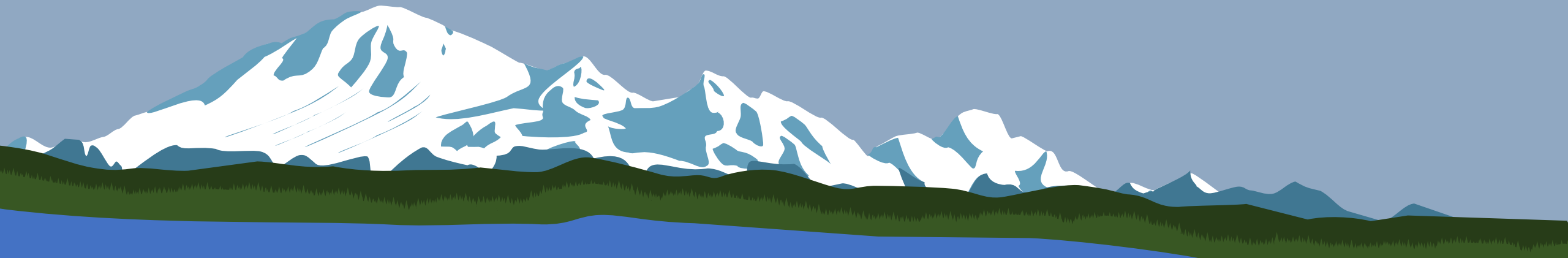
Leave No Trace

Minimize Campfire Impacts

- If you must have a fire
 - Use dead downed wood if you can find it
 - Put out all fires completely
 - Widely scatter cool ashes
- Do not cut or break limbs off live, dead or downed trees



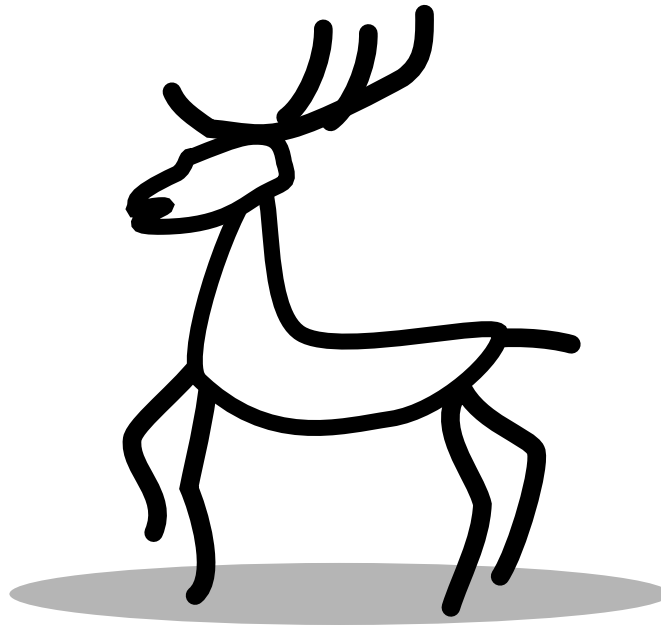
6. Respect Wildlife



Leave No Trace

Respect Wildlife

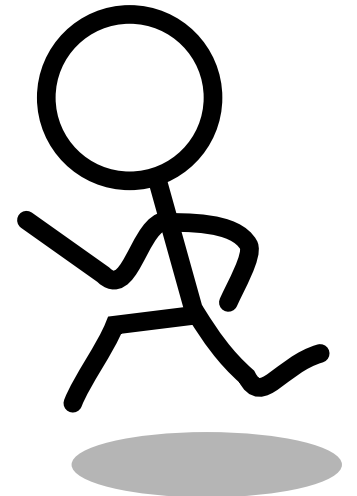
- Winter is an especially vulnerable time for animals



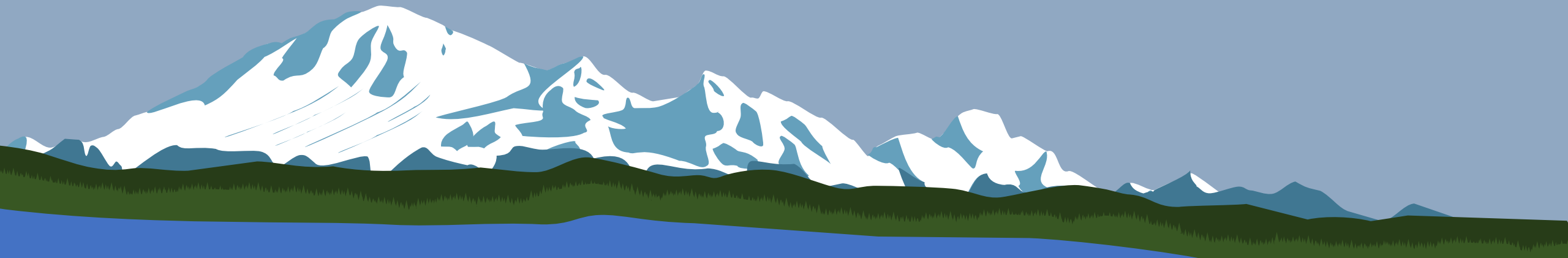
Leave No Trace

Respect Wildlife

- Observe wildlife from a distance
 - Do not follow or approach them
 - Never feed wildlife or leave food behind to be eaten
 - Protect wildlife and your food by storing rations and trash securely



7. Be Considerate of Other Visitors



Leave No Trace

Be Considerate of Other Visitors

- Be respectful of other users
- Share the trail and be courteous
- Yield to downhill and faster traffic
 - Prepare for blind corners
- When stopped, move off the trail



Leave No Trace

Be Considerate of Other Visitors – Respect Tracks

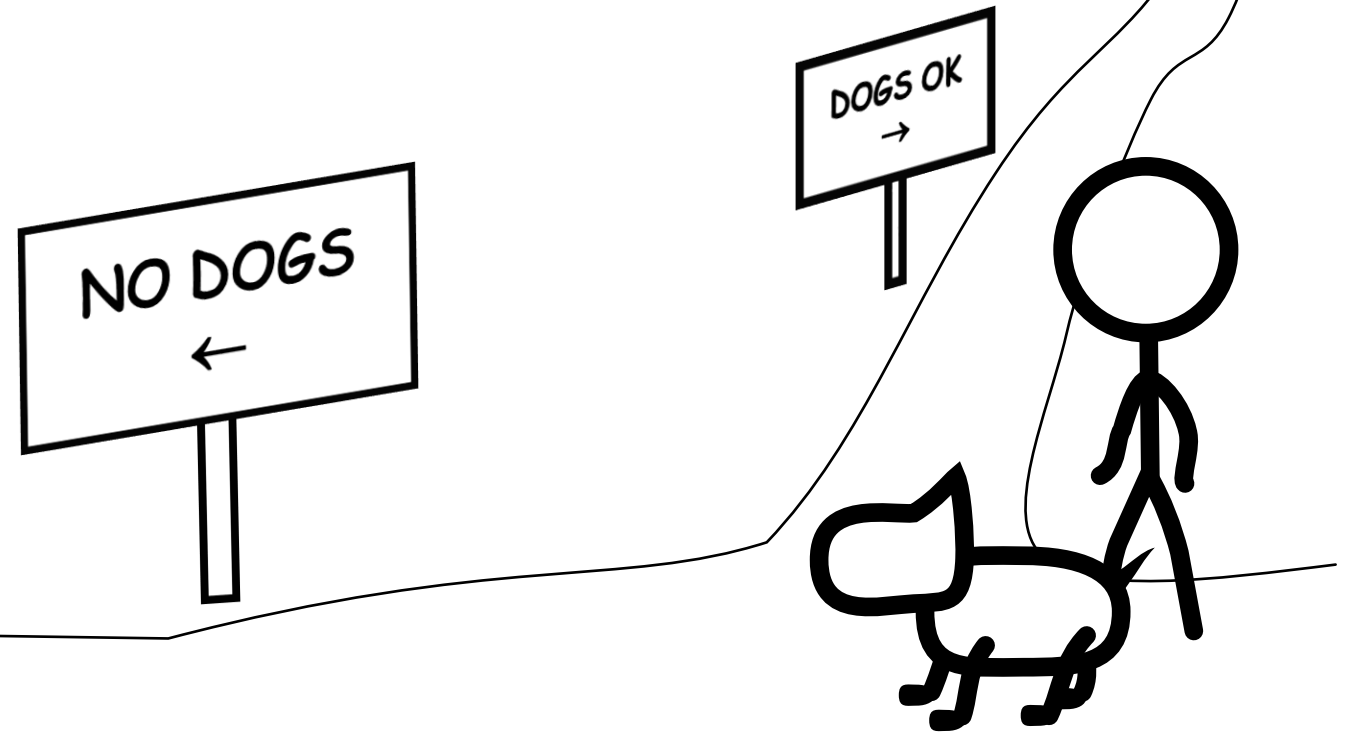
- Separate ski and snowshoe tracks where possible
- Avoid hiking on ski or snowshoe tracks



Leave No Trace

Be Considerate of Other Visitors – Respect Tracks

- Learn and follow local regulations regarding pets
- Control dogs
- Pack out or bury all dog feces



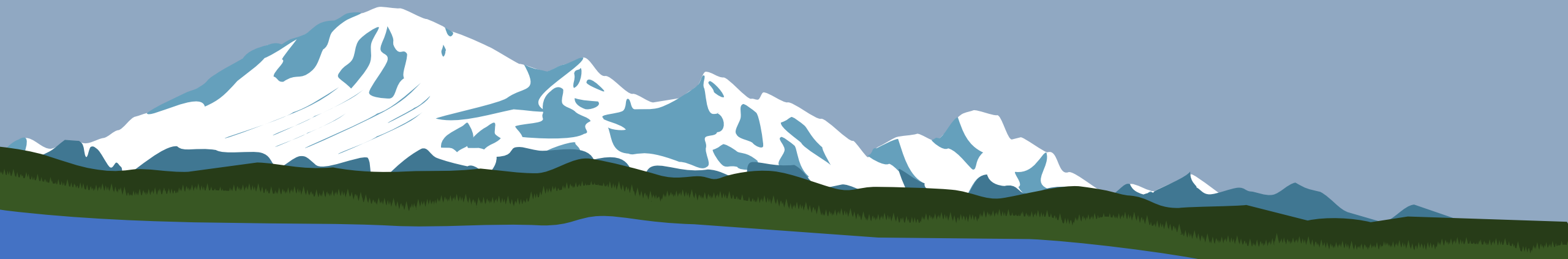
Leave No Trace

Be Considerate of Other Visitors – Sound

- Let nature's sounds prevail
- Keep loud voices and noises to a minimum



Resources



Leave No Trace Resources

Resources

- www.LNT.org



- [Leave No Trace - Winter Recreation](http://www.LNT.org/research-resources/winter-recreation)
[LNT.org/research-resources/winter-recreation](http://www.LNT.org/research-resources/winter-recreation)

This class mostly mirrors this resource

Small changes and additions were done for formatting or to better meet the needs of the students taking this course

BSA Leave No Trace Awards

Outdoor Ethics Awards

If you are prepared to venture down the path of really becoming aware of your surroundings,

of building the skills that will allow you to leave no trace on the land,

then the Outdoor Ethics Awareness and Action Awards are for you



Leave No Trace Training

Training Resources

- [LNT Online Awareness Course](#)
- [BSA Leave No Trace 101](#)
3-Hour Course
- **Leave No Trace Trainer Course**
16-hour overnight course
- **Master Educator Course**
5 days / 5 nights course

