

Please Practice LEAVE NO TRACE



Know Before You Go

- Be prepared! Remember food and water, and clothes to protect you from cold, heat and rain.
- Use maps to plan where you're going. Check them along the way so you'll stay on course and won't get lost.
- Remember to bring a leash for your pet and plastic bags to pick up your pet's waste.
- Learn about the areas you plan to visit. Read books, check online and talk to people before you go. The more you know, the more fun you'll have.

Stick To Trails and Camp Overnight Right

- Walk and ride on designated trails to protect trailside plants.
- Avoid stepping on flowers or small trees. Once damaged, they may not grow back.
- Respect private property by staying on designated trails.
- Camp only on existing or designated campsites to avoid damaging vegetation.
- Good campsites are found, not made. Don't dig trenches or build structures in your campsite.



Trash Your Trash and Pick Up Poop

- Pack it in, Pack it out. Put litter—even crumbs, peels and cores—in garbage bags and carry it home.
- Use bathrooms or outhouses when available. If not available, bury human waste in a small hole 6-8 inches deep and 200 feet or 70 big steps from water.
- Use a plastic bag to pack out your pet's poop to a garbage can.
- Keep water clean. Do not put soap, food, or human or pet waste in lakes or streams.

Leave It As You Find It

- Leave plants, rocks and historical items as you find them so others can enjoy them.
- Treat living plants with respect. Carving, hacking or peeling plants may kill them.



Be Careful With Fire

- Use a camp stove for cooking. Stoves are easier to cook on and create less impact than a fire.
- If you want to have a campfire, be sure it's permitted and safe to build a fire in the area you're visiting. Use only existing fire rings to protect the ground from heat. Keep your fire small.
- Remember, a campfire isn't a garbage can. Pack out all trash and food.
- Before gathering any firewood, check local regulations.
- Burn all wood to ash and be sure the fire is completely out and cold before you leave.

Keep Wildlife Wild

- Observe wildlife from a distance and never approach, feed or follow them.
- Human food is unhealthy for all wildlife and feeding them starts bad habits.
- Protect wildlife and your food by securely storing your meals and trash.



Share Our Trails and Manage Your Pet

- Be considerate when passing others on the trail.
- Keep your pet under control to protect it, other visitors and wildlife.
- Listen to nature. Avoid making loud noises or yelling. You will see more wildlife if you are quiet.
- Be sure the fun you have outdoors does not bother anyone else. Remember, other visitors are there to enjoy the outdoors too.



The Leave No Trace Seven Principles adapted for Frontcountry environments are copyrighted by the Leave No Trace Center for Outdoor Ethics.

The member-driven Leave No Trace Center for Outdoor Ethics teaches people of all ages how to enjoy the outdoors responsibly. In its simplest form, Leave No Trace is about making good decisions to protect the world around you—the world we all enjoy. Through targeted education, research and outreach, the Center ensures the long-term health of our natural world. Do your part to pass our nation's outdoor heritage on to future generations by joining us at www.LNT.org.

Packing List:

- Rain jackets
- Warm mid-layer
- Water bottles (can be refilled at H.J. Andrews)
- Lunch and snacks (NO peanuts or tree nuts - no exceptions)
- Appropriate footwear (waterproof, closed toe)
- Gloves
- Hats
- Sunscreen
- Warm socks (long socks for climbing)
- Inhaler for students with asthma
- Epipen for each student with allergies
- Pacific Tree Climbing Institute waiver

Species at HJ Andrews:

- Douglas-fir
- Western Hemlock
- Western Red Cedar
- Pacific Yew
- Big Leaf Maple
- Pileated Woodpecker
- Lobaria
- Usnea and other tree lichens
- Spotted Owl
- Cyanide Millipedes
- Rough- Skinned Newt
- Sword Fern