

# Leave No Trace

## 7 Principles to Lower Your Impact on the Environment

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

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### PLAN AHEAD & PREPARE

- Prepare for extreme weather/emergencies.
- Schedule your trip to avoid times of high use.
- Visit in small groups.
- Repackage food to minimize waste.
- Use a map and compass to eliminate the use of rock cairns, flagging, or marking.

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### DURABLE SURFACES

- These are established trails, campsites, rock, gravel, and dry grasses or snow.
- Protect river areas by camping at least 200 feet from lakes and streams.
- Good campsites are found, not made.

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### DISPOSE OF WASTE

- Pack it in, pack it out. Pack out all trash, leftover food, and litter.
- Human waste must also be disposed of properly.
  - To wash yourself or your dishes, carry water 200 feet away from streams or lakes and use small amounts of biodegradable soap.



The 3 Rs  
always apply:

### Reduce:

Reduce means to cut back on the amount of trash we generate.

### Reuse

Reusing is taking old or unwanted items you might otherwise throw away and finding a new use for them. There are all sorts of ways you can reuse items to help reduce your trash footprint.

### Recycle

Recycling is the last – and most commonly used – of the 3 Rs. Recycling is changing discarded materials into new products in order to avoid using more resources.

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### LEAVE WHAT YOU FIND

- Do not touch 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.

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### MINIMIZE CAMPFIRE IMPACTS

- Use a lightweight stove for cooking.
- Use established fire rings, pans, or mound fires where fires are permitted.
- Keep fires small.
- Burn all wood and coals to ash, put out campfires completely.

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### RESPECT WILDLIFE

- Observe wildlife from a distance. Do not follow or approach them.
- Never feed animals.
- Control pets at all times, or leave them at home.
- Avoid wildlife during sensitive times: mating, nesting, raising young, or winter.

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### BE CONSIDERATE:

- Be kind and respectful to others, making sure to give them proper space and avoid overly loud voices and noises.