

# TEENS TO TRAILS

## 7 PRINCIPALS OF LEAVE NO TRACE



### 1. Plan Ahead and Prepare

Take the time to plan your trip and be familiar with the weather & park rules. This will help ensure a smooth and safe outdoor adventure.

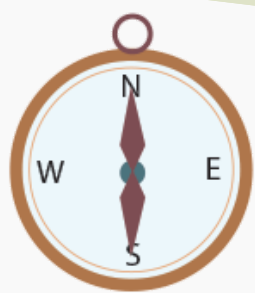


### 2. Travel and Camp on Durable Surface

When hiking, stick to established trails & set up your tent on durable surfaces to avoid damaging the environment.

### 3. Dispose of Waste Properly

Pack in, pack out! Properly dispose of all waste, including trash and other items.



### 4. Leave What You Find

Leave the natural landscape as it is. Don't remove or damage plants, trees, or cultural artifacts. When camping, only set up your tent on established campsites.

### 5. Minimize Campfire Impacts

When building a campfire, keep the flames small and always extinguish the fire before retiring for the night.



### 6. Respect Wildlife

Keep a safe distance from wildlife and never disturb or scare them.

### 7. Be Courteous to Others

As more people visit national parks, it's important to be considerate of others. Keep noise levels down, make sure your pets don't disturb others, and let faster hikers pass you on the trails.



**Maximize your time outside, while minimizing your environmental impact!**

Follow these 7 principles closely while recreating outdoors! Take the time to educate others and share the knowledge firsthand.

For more info, visit: [LNT.org](https://www.lnt.org)

