

# Leave No Trace

## Outdoor Ethics and Skills

### Acadia National Park

Help protect the resources of Acadia National Park by remembering that while you are here, you are a visitor. When you visit a friend, you take care to leave their home just as you found it. You would never think of trampling garden flowers, chopping down trees in the yard, putting soap in the drinking water, or marking your name on the living room wall. When you visit Acadia National Park, the same courtesies apply. Leave everything just as you found it. Sightseeing, hiking, studying, and camping without a trace are signs of someone who cares for the environment. Please follow these "Leave No Trace" principles and travel lightly while in Acadia National Park.

#### Plan Ahead and Prepare

- Know the park regulations and special concerns for the areas you will visit.
- Prepare for extreme weather, hazards, and emergencies.
- Schedule your trip to avoid times of high use.
- Visit in small groups. Split larger parties into smaller groups.
- Use a map and compass to help find your way.

#### Travel on Durable Surfaces

- When traveling, choose the most durable surfaces available; established trails, rock, gravel, dry grasses, or snow.
- Do not shortcut switchbacks.
- In popular areas, concentrate use on existing trails and walk single file in the middle of the trail, even when wet or muddy.
- In pristine areas, disperse use to prevent the creation of trails and avoid places where impacts are just beginning.

#### Dispose of Waste Properly

- Pack it in, pack it out. Inspect the areas you visit and pick up trash or spilled food.
- Deposit solid human waste in catholes dug 6-8 inches deep at least 200 feet from water and trails. Cover and disguise the cathole when finished.
- Pack out toilet paper and hygiene products.

#### Leave What You Find

- Treat our natural and cultural heritage with respect. Leave animals, plants, rocks and historical items as you find them.
- Let nature's sounds prevail. Keep loud voices and noises to a minimum.
- Avoid introducing or transporting non-native species.
- Do not build structures or furniture or dig trenches.

#### Respect Wildlife

- Observe wildlife from a distance. Do not follow, approach, or touch them.
- Never feed animals. Feeding wildlife damages their health, alters natural behaviors, and exposes you to possible injury.
- Protect wildlife and your food by storing rations securely.

#### Be Considerate of Other Visitors

- Respect other visitors and protect the quality of their park experience.
- Be courteous. Yield to other users on trails.
- Conduct your field activities away from trails and other visitors.

Visit the following web sites for more information

Leave No Trace, Inc. [www.lnt.org](http://www.lnt.org)

Acadia National Park: [www.nps.gov/acad/](http://www.nps.gov/acad/)