



## RECREATION INFORMATION

# Olympic National Forest

<http://www.fs.fed.us/r6/olympic>



## Leave No Trace An Outdoor Ethic

**Recommended Season**  
SPRING SUMMER FALL WINTER



Wildernesses are to be “retained in their primeval character... and managed so as to preserve its natural conditions”... (1964 Wilderness Act). Every wilderness traveler must accept the challenge to LEAVE NO TRACE of their visit in order that our public wildlands can remain wild, clean and pristine for all to enjoy. All visitors to National Forests and National Parks are being asked to commit to certain practices that when applied will protect and preserve the primeval character of these wildlands.

**LEAVE NO TRACE** practices are techniques that visitors must use to help reduce and even eliminate any evidence of their visit. By knowing and applying the following techniques, you will be meeting your responsibility in preserving the beauty and solitude of America’s Great Outdoors.



### PLAN AHEAD AND PREPARE:

- ❖ Know the regulations and special concerns for the area you plan to visit.
- ❖ Visit the backcountry in small groups. Some areas have limits on group size.
- ❖ Avoid popular areas during times of high use. Seek out less popular areas.
- ❖ Choose equipment and clothing in subdued colors such as green, brown and blue.
- ❖ Repackage food into reusable and lightweight containers or bags. Leave cans and bottles home.

### CAMP AND TRAVEL ON DURABLE SURFACES:

- ❖ Stay on designated trails. Walk in single file in the middle of the path.
- ❖ Do not shortcut trail switchback.
- ❖ When traveling cross-country, choose the most durable surface available such as rock, gravel, dry grasses or snow.
- ❖ Use a map and compass to eliminate the need for rock cairns, tree scars or ribbons.
- ❖ Step to the downhill side of the trail and talk softly when encountering pack stock.
- ❖ Choose an established and durable campsite that will not be damaged by your stay.
- ❖ Avoid camping on vegetation and limit the number of days in one location to one or two days.
- ❖ Keep pollutants out of water sources by camping at least 200 feet (70 adult steps) from lakes and streams.

## **PACK IT IN, PACK IT OUT:**

- ❖ Pack everything that you bring into the wild country back out with you.
- ❖ Protect wildlife and your food by storing rations securely.
- ❖ Pick up all spilled foods and carry out all leftover food.

## **PROPERLY DISPOSE OF WHAT YOU CAN'T PACK OUT:**

- ❖ Use privies when available or deposit human waste in “cat holes” dug 6 to 8 inches deep and at least 200 feet from water, campsites and trails. Cover and disguise the hole when finished.
- ❖ Use toilet paper sparingly. Pack it out.
- ❖ To wash yourself or your dishes, carry water 200 feet away from streams or lakes, and use small amount of biodegradable soap. Scatter strained dishwater.
- ❖ Inspect your campsite for trash and evidence of your stay.

## **LEAVE WHAT YOU FIND:**

- ❖ Treat our natural heritage with respect. Leave plants, rocks and historical artifacts as you find them.
- ❖ Good campsites are found not made. Altering a site should not be necessary.
- ❖ Let nature's sounds prevail. Keep loud voices and noises to a minimum.
- ❖ When pets are allowed, be sure to keep them under control. Bury dog feces.
- ❖ Do not build structures or furniture or dig trenches.

## **MINIMIZE USE AND IMPACT OF FIRES:**

- ❖ Campfires can cause lasting impacts to the backcountry. Always carry a lightweight stove for cooking. Enjoy a candle lantern instead of a fire.
- ❖ Where fires are permitted, use established fire rings, fire pans or mound fires. Do not scar large rocks or overhangs.
- ❖ Gather sticks, no larger than an adult's wrist in diameter, for firewood.
- ❖ Do not snap branches off live, dead or downed trees.
- ❖ Put out campfires completely before leaving camp.
- ❖ Remove all unburned trash from fire ring and scatter the cool ashes over a large area well away from camp and water sources.

## **BE CONSIDERATE TO OTHERS:**

- ❖ Select a campsite that is out of sight of other occupied camps whenever possible.
- ❖ Loud noises and activities should be avoided. Remember, solitude is what many people are seeking.
- ❖ Hikers should yield right-of-way to livestock by stepping off the trail on the downhill side when possible but staying in sight of the stock. Downhill hikers should yield to uphill hikers.

The backcountry wildlands of the Pacific Northwest are unique and beautiful, yet fragile and increasingly popular.

Challenge yourself to learn and practice LEAVE NO TRACE techniques so that the wilderness character of our precious wildlands may endure.

**THANK YOU FOR APPLYING THE  
LEAVE NO TRACE OUTDOOR ETHIC.**



