



**Master Educator Refresher Course**

"Brush up" on your LNT skills, administrative protocols, teaching techniques, etc. MEs must take this course every 2 years in order to be the lead instructor at a LNT Trainer Course.



## The Leave No Trace Seven Principles

**Plan Ahead and Prepare**

- Know the regulations and special concerns for the area you'll visit.
- Prepare for extreme weather, hazards, and emergencies.
- Schedule your trip to avoid times of high use.
- Visit in small groups when possible. Consider splitting larger groups into smaller groups.
- Repackage food to minimize waste.
- Use a map and compass to eliminate the use of marking paint, rock cairns or flagging.

**Travel and Camp on Durable Surfaces**

- Durable surfaces include established trails and campsites, rock, gravel, dry grasses or snow.
- Protect riparian areas by camping at least 200 feet from lakes and streams.
- Good campsites are found, not made. Altering a site is not necessary.
- *In popular areas:*

- Concentrate use on existing trails and campsites. <https://lnt.org/sites/default/files/PEAKOnlineBlock.jpg>
- Walk single file in the middle of the trail, even when wet or muddy.
- Keep campsites small. Focus activity in areas where vegetation is absent.
- *In pristine areas:*
- Disperse use to prevent the creation of campsites and trails.
- Avoid places where impacts are just beginning.

**Dispose of Waste Properly**

- Pack it in, pack it out. Inspect your campsite and rest areas for trash or spilled foods. Pack out all trash, leftover food and litter.
- Deposit solid human waste in catholes dug 6 to 8 inches deep, at least 200 feet from water, camp and trails. Cover and disguise the cathole when finished.
- Pack out toilet paper and hygiene products.
- To wash yourself or your dishes, carry water 200 feet away from streams or lakes and use small amounts of biodegradable soap. Scatter strained dishwater.

**Leave What You Find**

- Preserve the past: examine, but do not touch cultural or 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.

**Minimize Campfire Impacts**

- Campfires can cause lasting impacts to the backcountry. Use a lightweight stove for cooking and enjoy a candle lantern for light.
- Where fires are permitted, use established fire rings, fire pans, or mound fires.
- Keep fires small. Only use sticks from the ground that can be broken by hand.
- Burn all wood and coals to ash, put out campfires completely, then scatter cool ashes.

**Respect Wildlife**

- Observe wildlife from a distance. Do not follow or approach them.
- Never feed animals. Feeding wildlife damages their health, alters natural behaviors, and exposes them to predators and other dangers.
- Protect wildlife and your food by storing rations and trash securely.
- Control pets at all times, or leave them at home.
- Avoid wildlife during sensitive times: mating, nesting, raising young, or winter.

**Be Considerate of Other Visitors**

- Respect other visitors and protect the quality of their experience.
- Be courteous. Yield to other users on the trail.
- Step to the downhill side of the trail when encountering pack stock.
- Take breaks and camp away from trails and other visitors.
- Let nature's sounds prevail. Avoid loud voices and noises.



## Siete Principios

### ÉTICA AL AIRE LIBRE PARA SITOS NATURALES:

- Planifique con anticipación y prepárese
- Viaje y acampe sobre superficies durables
- Deseche los residuos de forma adecuada
- Deje lo que encuentre
- Minimice los impa <https://lnt.org/sites/default/files/PEAKOnlineBlock.jpg> ctos de las fogatas
- Respete la vida silvestre
- Sea considerado con otros visitantes

### ÉTICA AL AIRE LIBRE PARA SITOS NATURALES DE FÁCIL ACCESO:

- Prepárese antes de salir de casa
- Camine por los senderos marcados y acampe por la noche de manera adecuada
- Tire su basura en un la basura o llévala de vuelta y recoja los excrementos
- Déjelo tal como lo encontró
- Tenga mucha cuidado con el fuego y observe siempre las medidas preventivas contra incendios
- Permita que los animales salvajes se mantengan salvajes

### Leave No Trace Principles for Kids

- Know Before You Go
- Choose The Right Path
- Trash Your Trash
- Leave What You Find
- Be Careful With Fire
- Respect Wildlife
- Be Kind To Other Visitors

The Center's newest program for youth, PEAK Online, is now live.

