

DAY HIKE CHECKLIST

- Trail Map** - Be sure to stop by the park office or information booth!
- Appropriate Clothing** - Check the weather and pack layers, hats and rain jackets encouraged!
- Small Backpack** - This will hold your gear and keep your hands free for exploring
- Boots or Tennis Shoes** - protect your feet. You never know what adventures you'll find.
- Water** - Pack more water than you think you need. Stay hydrated!
- Food** - Keep your energy up! Pack extra snacks like apples, trail mix, or pretzels.
- First Aid Kit** - Always be prepared with a small kit and the basics like Band-Aids and ointments.
- Sunscreen/Bug Spray** - You'll enjoy the day much better without the constant itching or sunburn
- Good Attitude** - Have a plan but be flexible if the weather changes or you have to pick a new trail

CUT HERE

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7 PRINCIPLES OF LEAVE NO TRACE

Principle 1: Know Before You Go (Plan ahead and Prepare)

- Know the regulations and special concerns for the area you'll visit
- Travel in small groups. Split larger parties into groups of 4-6
- Prepare for all types of weather and be ready for emergencies

Principle 2: Choose The Right Path (Travel and Camp on Durable Surfaces)

- Walk through, not around, puddles on the trail
- When on the trail, walk in the middle of the trail and don't cut switchbacks
- When traveling cross-country, choose the most durable surface available

Principle 3: Trash Your Trash (Dispose of Waste Properly)

- Pack it in, pack it out: Inspect your area for trash or food. Carry out all trash, including banana/orange peels and apple cores.
- If bathroom facilities aren't available deposit waste away from water sources and using the cathole technique

Principle 4: Leave What You Find

- It's OK to touch certain natural objects(rocks, non-toxic plants, etc.), but leave them as you find them
- Avoid introducing or transporting non-native species

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7 PRINCIPLES OF LEAVE NO TRACE

Principle 5: Be Careful With Fire (Minimize Campfire Impacts)

- 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

Principle 6: Respect Wildlife

- Observe wildlife from a distance. Do not follow or approach them
- Protect wildlife and your food by storing rations and trash securely

Principle 7: Be Kind To Other Visitors (Be Considerate of Other Visitors)

- Respect other campers/hikers and protect the quality of their experience
- Take breaks on durable surfaces away from the trail
- Let nature's sounds prevail. Keep noise levels to a minimum when near other groups



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