

treadlightly!®

LEAVING A GOOD IMPRESSION



To find out how you can become involved and make a difference contact Tread Lightly! at:

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Other materials available through

Tread Lightly! include:

Guidebooks, T-shirts, hangtags, teaching manuals, maps, decals

*Tread Lightly!® is a national nonprofit organization whose mission is to empower generations to enjoy the outdoors responsibly through education and stewardship. Tread Lightly!'s educational message, along with its training and restoration initiatives are designed to instill an ethic of responsibility in outdoor enthusiasts and the industries that serve them. The program is long-term in scope with a goal to balance the needs of the people who enjoy outdoor recreation with the needs of the environment.*

Tread Lightly!'s

Tips for  
Responsible

HIKING



**T**ravel and recreate with minimum impact

**R**espect the environment and the rights of others

**E**ducate yourself, plan and prepare before you go

**A**llow for future use of the outdoors, leave it better than you found it

**D**iscover the rewards of responsible recreation

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## TRAVEL AND RECREATE WITH MINIMUM IMPACT

- Stay on the trail even if it is rough and muddy. Walking on the track edge and cutting switchbacks increase damage, cause erosion, and visual scarring.
- Walk single file to avoid widening the trail.
- In an area without trails, spread out. Spreading out, rather than following each other's footsteps, disperses impact and avoids creating a new trail.
- Avoid sensitive habitats, wetlands, streams, meadows, cryptobiotic soils of the desert, and tundra. Watch where you put your feet.
- Flagging and marking trails is unsightly. If flagging is necessary, remove it as you leave.
- Human waste should be disposed of in a shallow hole (6"-8" deep) at least 200 feet from water sources, camp sites or trails. The hole should be covered and disguised with natural materials. Use toilet paper sparingly and pack it out.
- Practice minimum impact camping. Use existing campsites when possible. Camp 200 feet from trails and water resources. Avoid building campfires except in well-established fire rings. Use a portable camp stove for cooking.

## RESPECT THE ENVIRONMENT AND THE RIGHTS OF OTHERS

- Respect and be courteous to other users who also want to enjoy the lands you are using. Set an example of courtesy for all.
- Be considerate and honor other's desire for solitude and a peaceful outdoor experience.
- Be especially cautious around horses and bikers. Stay to the right of the trail and let them pass.

## EDUCATE YOURSELF, PLAN AND PREPARE BEFORE YOU GO

- Check the weather forecast for your destination. Plan clothing, equipment, and supplies accordingly.
- If you will be using private property contact the land owner(s) for written permission.

- Make a realistic trail plan and stick to it. Let someone know where you are going and when you expect to be back.
- Carry a map, compass, or a Global Positioning System (GPS) unit and know how to use them.
- Choose appropriate footwear for the terrain. Solid, lightweight walking boots are best. Sandals can be used on trails in summer and around your campsite.
- Dress in layers and always carry a jacket. Weather conditions can change unexpectedly.
- Carry water and emergency supplies even on short hikes.
- Repackage snacks and food in baggies. This reduces weight and the amount of trash to carry out.
- Your pack weight should not exceed 1/3 of your body weight.
- Remember, designated wilderness areas are reserved for the most primitive outdoor adventure. Respect this primitive environment and keep it that way!

## ALLOW FOR FUTURE USE OF THE OUTDOORS, LEAVE IT BETTER THAN YOU FOUND IT

- Avoid the spread of noxious weeds. Clean your gear and clothing after every hike.
- Do not dig trenches around tents.
- Leave your natural surroundings as you found them.
- Carry out what you carry in. Don't burn or bury trash.

## DISCOVER THE REWARDS OF RESPONSIBLE RECREATION

- Hiking provides the opportunity to get away from the rush of everyday life and builds family traditions.
- Help preserve the beauty and inspiring attributes of the great outdoors for yourself and generations to come by recreating responsibly.
- Respect the environment and other trail users. By using common sense and common courtesy, what is available today will be here to enjoy tomorrow.