

Hike and Camp Right, The Tread Lightly!® Way

Lightfoot™'s Tips For Responsible Hiking and Camping

Travel on trails or in the right places

- In trail hiking areas keep your feet the on trails.
- If you're hiking off the trail, across meadows or through forest don't walk in a straight line—spread out.
- In deserts watch where you step—don't damage the "living" soils.
- When you step off trail to search for campsites, fishing holes or a nice spot to rest, don't trample plants.
- Ask your parents before crossing streams and rivers.
- Use maps and signs to help you stay on the trail.
- Pick a campsite that is flat with few plants. Dirt is the best surface on which to pitch a tent.
- Always camp 200 feet from streams, lakes, and trails.
- If there are not any restrooms, make sure you are 200 feet from streams, lakes, and trails; dig a hole 6 inches deep when you poop; make sure you cover the hole when you are finished; and pack out your toilet paper in a sealable bag.



Respect animals, plants and people

- Don't chase, scare, feed or try to pet animals.
- Don't carve on tree bark or draw graffiti on trees and rocks.
- Watch out for other people on the trails.
- Keep the noise down, especially in camp.
- Don't shine your flashlight into other camps.
- Don't run through other camps.

Every time you go outdoors, think safety, bring a friend and be prepared

- Always tell an adult where you are going, who you are with, and when you will be back.
- A adult should be with you when traveling in the backcountry.
- Remember to pack seven important items: water, food, first aid kit, raincoat or poncho, flashlight, sunscreen, and a whistle.
- When trail hiking, don't leave the trail—you are less likely to get lost and much easier to find. *If you think you are lost, stay where you are and blow your whistle.*
- Don't wander off at night.
- Bring a map, check the weather, and find out about wildlife in your area.
- Bring the proper clothes, including good shoes and a jacket.

Always leave the outdoors better than you found it

- Don't litter or leave behind food or trash.
- Pick up trash left by others—as long as it is safe.
- Leave plants and flowers for others to see.
- Wash your gear after every trip so you won't spread weed seeds.
- Lend a hand, plant trees and other plants with your local ranger.
- Clean up after your pets.
- Convince others to keep the land and water clean.

Discover how fun the outdoors can be when you Tread Lightly!

- Keep your parents and rangers happy—follow all the rules.
- Remember the great outdoors is home to me and my friends—treat it with care.
- You will have more fun if you take care of the outdoors. Make the right choice—if you do something wrong others might follow and make more damage.