



Name: _____ #: _____

Games, Nature, & Experiments

What is Leave No Trace?

Estimated Time: 20 - 60 minutes (per principle)

Age range: All grades (with guidance)

What you need: paper, writing utensil, printer (optional), additional materials are specified for each principle

Background Information:

“The Seven Principles of Leave No Trace provide an easily understood framework of minimum impact practices for anyone visiting the outdoors. Although Leave No Trace has its roots in backcountry settings, the Principles have been adapted so that they can be applied anywhere – from remote wilderness areas, to local parks and even in your own backyard. They also apply to almost every recreational activity. Each Principle covers a specific topic and provides detailed information for minimizing impacts.

“The Seven Principles are well established and widely known, but they are not static. The Leave No Trace Center for Outdoor Ethics continually examines, evaluates and reshapes the Principles. The Center’s Education Department conducts research – including publishing scholarly articles in independent journals – to ensure that the Principles are up to date with the latest insights from biologists, land managers and other leaders in outdoor education.”

The 7 Principles - Leave No Trace Center for Outdoor Ethics

<https://lnt.org/why/7-principles/>

Instructions:

Please see each of the seven Leave No Trace principles for ways to learn more about how to minimize your impact on the environment. The seven principles include:

- 1) Plan Ahead & Prepare: Know before you go
- 2) Travel & Camp on Durable Surfaces: Choose the right path
- 3) Dispose of Waste Properly: Trash your trash
- 4) Leave What You Find: Take photos, leave footprints
- 5) Minimize Campfire Impacts: Be careful with fire
- 6) Respect Wildlife: Be kind to animals
- 7) Be Considerate to Others: You are not the only visitors

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1) Plan Ahead & Prepare: Know Before You Go

Estimated Time: 60 minutes

Age range: All grades (with guidance)

What you need: paper, writing utensil, printer (optional)

Introduction: The first Leave No Trace Principle is to plan ahead and prepare. Planning ahead and proper preparation increases the safety of the group and minimizes impact on the natural environment (the outdoor areas we visit).

Planning Checklist:

- Identify goals and expectations as a group
- Identify skills and abilities of trip participants in order to ensure safety
- Learn about the area from experts, books, and maps
 - Check the weather forecast
 - Check area regulations and restrictions
 - Check private land boundaries
 - Check what the terrain is like
 - Estimate time outside, food, and water consumption
- Wear and pack safe and comfortable clothing and equipment
- Plan a trip that matches your goals and abilities

Now let's practice by planning a neighborhood walk!

Step 1: Print, draw, or look up a map of your neighborhood.

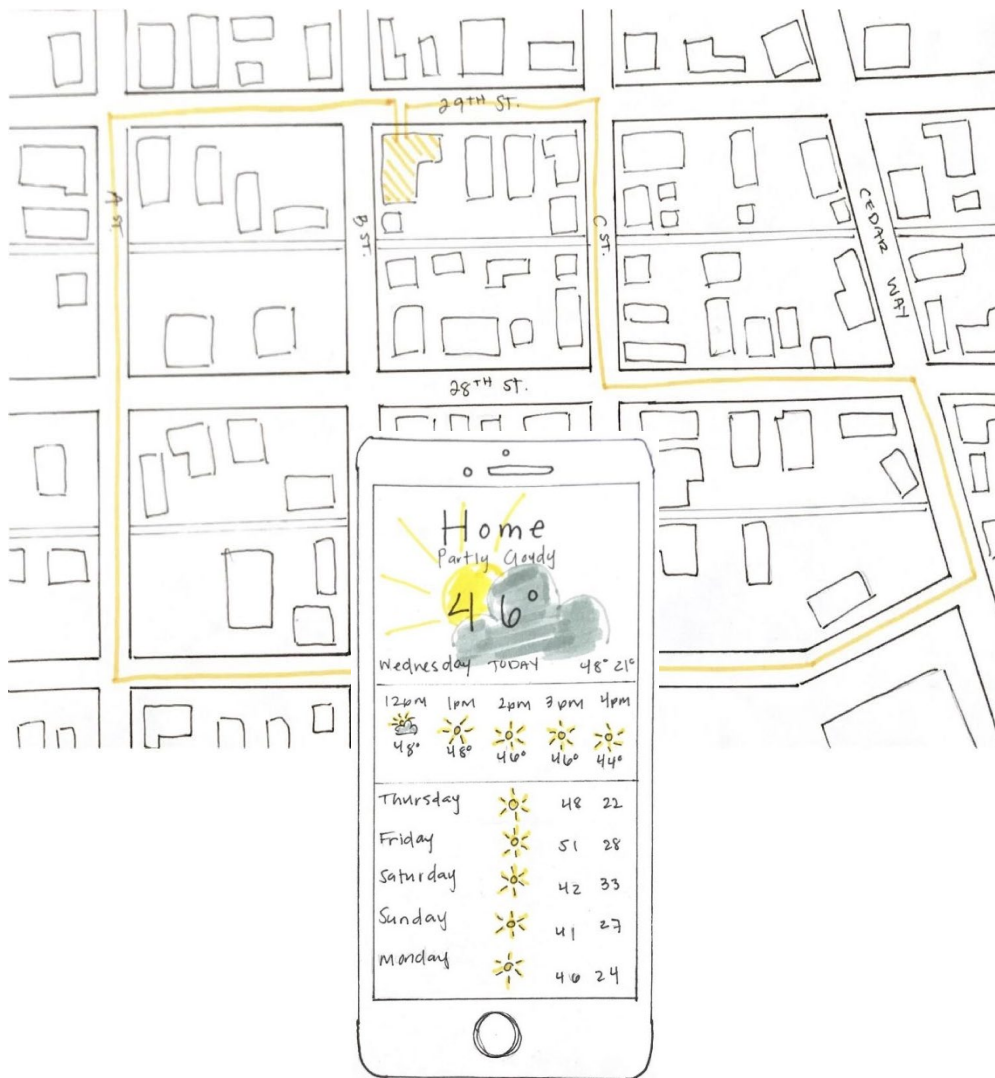


Step 2: Identify your start and end location. This is likely to be your house.

Step 3: Identify your group. Will you be walking with your family or housemates? Keep in mind the Leave No Trace guidelines state the maximum group size should be 10 people.

I will be walking with my roommate.

Step 4: As a group, identify a goal for your trip. Based on your goal, identify a reasonable route.



Step 5: Time to do some research! Look up the weather forecast (above) and determine proper attire and gear. Make a gear/packing list.

Based on this forecast and my prior knowledge of which sidewalks are paved in my neighborhood, I chose a route that stayed on paved sidewalks and made this list accordingly.



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To Bring/Wear:

- Water bottle
- Jacket
- Shoes
- Hat

Step 6: Take your planned walk around your neighborhood. If you are walking alone, make sure to tell someone where you are going and when they can expect you back.

Step 7: Evaluate your trip when you get back. What would you change next time you plan a trip?

It was a little cold on my walk, so next time I would pack another layer!

Note: Planning for a day or overnight hike will look different than a walk around your neighborhood. Be sure to go through the complete checklist when planning and always double-check before you leave!

Consider the following questions:

Was the walk you planned a success? Why or why not?

Was there anything you could have done differently to make your walk more successful?

Imagine that you are planning an overnight hike. What would you add to your gear/packing list?

Next, we are going to learn about travelling and camping on durable surfaces. How might this impact where you sleep on an overnight trip?

Sources:



Sierra Nevada
JOURNEYS

<https://Int.org/why/7-principles/>

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