



## Leave No Trace

The theme for this Camporee will be “Leave No Trace”. We will explore ways to work with the environment and enjoy the outdoors while following the principles of “Leave No Trace”. Patrols will be competing in a variety of events and the “Leave No Trace” theme will be used to score events. This is a backpacking experience. All patrol equipment and personal gear must be packed in and packed back out. Choose your meals as if you were on the third day of a 50 miler backpack trip. No glass containers, un-packable items, nor “fresh foods” are allowed. Your campsite will be left in its natural state after you leave. Use your “Leave No Trace” camping skills so that others who come after you will never know you were there.

Visit the website: [www.LNT.org](http://www.LNT.org)  
Learn the principles and act responsibly.

### **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.
- 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 cat holes dug 6 to 8 inches deep at least 200 feet from water, camp, and trails. Cover and disguise the cat hole 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

## Events:

### Campfire Impact Trivia

**Nutshell:** This activity introduces the Leave No Trace principle - Be Careful With Fire through a campfire trivia game.

**Objective:** Participants will be able to list five important considerations for an LNT fire.

**Materials:** List of questions (Page 22 of LNT Quick Activities), scraps of paper, writing utensils

**Time Considerations:** 15 minutes

**Directions:** Start with instructions on how to build a low impact fire. Break participants up into groups. Each group should designate a runner. Read a question about campfires. The groups need to decide the correct answer, write it down and have the runner place it in the designated spot - make sure this spot is the same distance from all of the groups. The first group with the correct answer gets three points, the second - two and the third - one. At the end the group with the most points wins.

### Durable Surface Hopscotch

**Nutshell:** The activity introduces the Leave No Trace principle - Choose the Right Path via a hopscotch/memory game.

**Objective:** Participants will be able to define what durable is and categorize common natural surfaces.

**Materials:** Durable surface cards: snow, grass, rock, sand, established trail, playa, gravel; Nondurable: cryptobiotic soil, wetlands, steep slope, moss, wildflowers (Pages 11-14 of LNT Quick Activities)

**Time Considerations:** 15 to 20 minutes

**Directions:** Ask participants if anyone can define durable. Look around you - point out a durable surface and a nondurable surface, or ask them to! Then have them form a circle and in the middle spread out the surface cards face down (5x5). Make sure there is a possible way to complete the hopscotch! One at a time have participants try to get from start to finish. Participants step on a blank card, flip it over, show the group and judge whether it's a durable surface or not. If it is they can move on to an adjacent card until they make it to the finish. If it's not, they go back to the circle and the next person tries. Encourage them to work as a group - hence once one person makes it across they all have won. As a conclusion discuss what durable surfaces are and review examples.

### LNT Magical Number

**Nutshell:** Leave No Trace's magical number is 200, but how many people can judge 200 feet by sight alone? Participants will learn their own personal LNT magical number.

**Objective:** Participants will discover their pace count for 200 feet.

**Materials:** Survey tape, string, rope, etc that is 100 feet long

**Time Considerations:** 10 minutes

**Preparation:** Lay out a length of string that is 100 feet long. LNT Magical Number = Pace Count x 2 = 200 feet.

**Directions:** Discuss the importance of 200 feet when it comes to LNT: campsite, cooking area, cat hole choice - all 200 feet away from water and the trail. Lay out the LNT magical number string in an area that allows. Have participants line up, either shoulder-to-shoulder or in a line starting at the beginning of the string. Describe how to count pace - if you start walking with

your right foot, you count every time your left foot hits the ground, make sure to use your normal stride. Have them count out their pace as they walk the length of the string. Once they have that number have them multiply it by two and that is how many paces they have to travel to cover 200 feet - LNT's magical number! Demonstrate techniques to dispose of waste water.

### **Camp OH NO! - Learn how to leave a campsite like you weren't even there!**

**Nutshell:** Teach participants Leave No Trace principles by showing them a first-hand example of a high-impact campsite. This works well for stationed events where participants rotate through various educational stations.

**Objective:** Participants will be able to list at least four of the seven principles and one way to follow each of them.

**Materials:** Tent; litter; fake rocks and fire; washing tub, dishes and fake dish soap; blue towel to represent water (if not by actual water); fake flowers; fake axe; Inspiration Point sign (written on); boom box; food scraps; LNT principle signs

**Time Considerations:** Can be adjusted for station lengths from 15 to 30 minutes

**Directions:** Have Camp Oh No set up before participants arrive. The list below matches the high-impacts with corresponding LNT principles and the information in parenthesis is what should be done. When participants arrive have the music playing loudly. Turn it off and welcome them to Camp Oh No, tell them to have a look around for a few minutes and try to spot what you've done wrong, then you'll come back together and discuss it.

1. Know Before You Go – don't put rain fly on tent (it could rain, bring just in case)
2. Choose the Right Path - tent set up too close to water (should be 200 ft away)
3. Trash Your Trash - litter (put in trash can), washing tub in creek/lake (should be 200 ft away)
4. Leave What You Find - picked flower (can't pollinate and make more if not there)
5. Be Careful With Fire - if there is a fire ring already set up your fake fire elsewhere (use existing fire ring), litter in fire (can be hazardous, paper products float away and start forest fire), axe in tree (use dead and down wood)
6. Respect Wildlife - food scraps on ground (don't feed wildlife, it damages their health, alters natural behaviors, exposes them to predators and other dangers )
7. Be Kind to Others Visitors - playing music loud (low volume, headphones or leave at home)

### **Bandana Bonanza**

**Nutshell:** Participants will discover the usefulness and advantages of items that serve multiple purposes on outdoor adventures by coming up with uses for a bandana.

**Objective:** Participants will be able to name five uses for a bandana when on an outdoor adventure and know the advantage of carrying multipurpose items.

**Materials:** A bandana

**Time Considerations:** 10 minutes

**Directions:** Have your group get into a circle. Start passing the bandana around trying to brainstorm what you could use the item for while camping. Remind participants that there are no bad ideas while brainstorming. See how many times you can go around the circle. When your group runs out of ideas, stop the group and ask how what they thought of the ideas (a lot, ones they hadn't thought of, etc.). Ask why they think you had them do this activity. Then discuss why it's important to be able to use what you have to serve many purposes (you can't

always carry everything and you'll have a lighter pack). Ask what other common items could have been used for this activity besides a bandana (t-shirt, water bottle, backpack, rope, etc).

### **LNT Audit**

**Nutshell:** Participants are introduced to Leave No Trace through a different activity of your choosing, then conduct a friendly audit of troop campsites.

**Objective:** This activity emphasizes learning by doing, giving participants a sense of ownership. Participants will be able to list at least five of the seven principles and those who were audited will be able to list at least three of the seven.

**Materials:** LNT campsite audit forms (Page 10 of LNT Quick Activities), writing utensils, clipboards

**Time Considerations:** Depends on how many campsites there are, it can take 30 minutes or longer

**Directions:** After introducing participants to LNT through another activity, break into groups with a leader in each group. If you have various ages divide them amongst the groups and give older participants a leadership role. Look at each campsite as a group and have participants decide how the campsite rates - remember this is supposed to be a friendly audit, we don't want angry campers - and leave a completed audit slip in a secure place (we don't want to create trash during a campsite audit!).

### **Will You Make It**

**Nutshell:** This activity introduces the Leave No Trace principle - Know Before You Go when participants discover potential trip problems and find their solution in this match game.

**Objective:** Participants will be able to list two solutions to avoiding problems on the trail.

**Materials:** Event and solution cards (Page 15 of LNT Quick Activities)

**Time Considerations:** 15 minutes

**Directions:** Distribute event and solution cards amongst participants, one for each participant, with the goal of having people find their corresponding event or solution card to form a pair. Once all participants are matched have each pair share their event and solution, open discussion to other solutions or personal experiences.

### **Cat Hole Relay - Pooping in the backcountry**

**Nutshell:** This activity introduces the Leave No Trace principle - Trash Your Trash when participants discover the proper method of digging a cat hole in a relay.

**Objective:** Participants will be able to demonstrate the proper method of digging a cat hole.

**Materials:** Trowels, tennis balls, plastic bags, toilet paper, ruler - the amount needed depends on group size

**Time Considerations:** 10 to 15 minutes

**Directions:** Discuss the proper way to dig a cat hole: where, how far from water/camp/trail, what to do with waste, etc. Demonstrate the proper method. Break into teams (so they all have one of each of the materials). Depending on the number of participants in each group break up the tasks: dig the hole, deposit ball and toilet paper, toilet paper into bag and fill cat hole. Then have a cat hole relay! The rulers are to be sure that holes are the proper depth and width before teams continue in the relay - note if they stick the ruler in the cat hole after covering the "poop" it helps in the recovery of the tennis ball.

**Cooking** – Backpacking Food Preparation and Cooking - Prepare food that is light but also nutritious. Each patrol will prepare lunch on the trail during the Camporee. Patrols will stop at the station they are visiting and prepare a meal using the Leave No Trace principals! All cooking will be done on stoves with utensils and pans supplied by the patrol. Scoring will be based on patrol teamwork and taste.

**Other Possible Events/Topics:**

**Animal Tracking and Identification** - Identify animal tracks and what to do when encountering wildlife.

**Backpacking Gear Selection** - Learn what you should and should not bring on a backpacking trip. The challenge will be for the Scout to pack a backpack, selecting from a wide variety of gear displayed on tables. Learn from experience. Lighter is better. Learn how to pack for extended trips. Are you ready for a 50-miler?

**Orienteering/Scavenger Hunt**

Can you find your way in the woods? Can you use a compass? Are you observant? You will be given a list of items to find whether on the trail, in the Scout manual or as part of the Leave No Trace principles. Make sure you bring a pad and pencil a compass and your Scout manual. Study the Orienteering symbols and the Leave No Trace Principals.

**Nature Scavenger Hunt** – Equipment: Plant guide provided by patrol, used to identify plants. The patrol will need to identify leaves/plants from up to ten different species. Once they have them, they can bring them by staff HQ for scoring.

**Safe Water Practices** - Learn techniques and tools to sterilize water for drinking and cooking.

**Wilderness First Aid** - Learn what to do when help isn't just a phone call away.

**Pack It in Pack It Out** – How to effectively reduce waste in the backcountry to minimize what gets packed out.

**How Long Does It Last** – Discussion on the decomposition times of different materials.