

Leave no trace Checklist

'Leave no trace' hiking is a philosophy most hikers live by, started in the late 1960's the movement has led to these seven major principles which govern how most hikers and outdoor enthusiasts treat and care for our natural spaces.



1. **Plan and Prepare** - know what you need to bring to minimise impact and plan out how you will avoid damaging the environment.



2. **Travel on the path** - stick to the path avoiding stepping on native plant life and animal habitats to protect the fragile ecosystems.



3. **What came with you comes home** - whether it's rubbish or food waste, it must come home with you so it is not left in the environment.



4. **Leave what you find** - take photos rather than objects from the areas you visit along the trail to preserve the local area.



5. **Camp with minimal impact** - place your tent in already cleared areas rather than clearing the ground yourself of native vegetation.



6. **Respect the nature and wildlife** - it's their home so leave them to go about their lives without disruption or damage.



7. **Think of others** - leave our natural spaces how you found them so others can enjoy them long into the future.