

# Advice for living with leave no trace ethics

Pisgah National Forest offers many great opportunities for students to get away and relax, forget about classes or just have fun. Climbing, hiking, kayaking or sight-seeing, it's the type of place where people can connect with

nature just five minutes from the front gate of the college.

Josh

Fussell, a Wilderness Leadership major and state park employee uses the forest almost everyday, and believes the forest provides excellent opportunities for recreation and enjoyment if used responsibly. However, while the forest can be enjoyed by all, people do more

the forest and keep it in its natural condition for others to enjoy.

## PRINCIPLES OF LEAVE NO TRACE

### Plan ahead and prepare-

Know the area and what to expect. Never venture off trail and only camp in designated areas. Travel in small groups, four to six people is recommended. Select appropriate equipment such as free-standing tents and lightweight stoves.

Camp and travel on durable surfaces- In popular areas, concentrate use such as campsites. Stay on trails, take rest breaks on durable surfaces such as rock or bare ground. Camp at least 200 feet away from trails and water to avoid



BY JESSE JANICULA

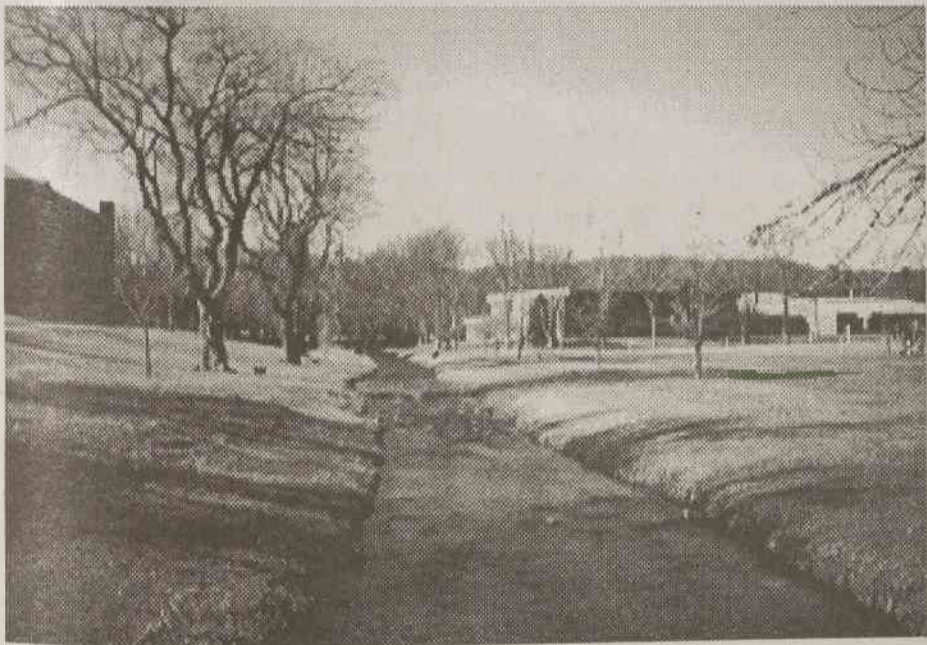


Photo by Lindi Lagman.



Photo by Lindi Lagman.

back country by repackaging food into reusable containers, never bury or leave trash behind, and after breaking camp, check to make sure nothing was left.

Properly dispose of what you can't pack out- Bury all waste, minimize soap use and food scraps in wastewater, and avoid contaminating water sources when washing.

Leave what you find- Minimize altering the site by digging trenches or making things from the natural surroundings, avoid damaging live trees and plants and leave all natural objects where you found them.

### Minimize use and the impact



Photo by Michelle Crabtree.

of fire- Use dead wood for fires and burn it completely, use existing fire rings in high-use areas, be aware of the areas regulations on fires and scatter ashes after the fire has burned out.

harm to the land than they realize.

Irresponsible use of America's forest is a serious problem. Since the US Forest Service lacks the funding to fix the harm caused by the people who use the forest over the years, people must do their part to keep the problem of forest misuse from getting worse.

Clyde Carter, Assistant Director of Wilderness Leadership, has climbed at Looking Glass Rock for many years. He has observed the ground around the base of the rock eroding away by as much as three feet due to the rocks use, causing runoff into the nearby streams and exposing plants roots systems. Erosion is just one of many problems.

Trash and graphite are also problems plaguing Pisgah National Forest. By following the simple guidelines of leave no trace ethics, guidelines followed by all outdoor professionals, students can enjoy

contamination. Avoid fragile vegetation, places where impact is just beginning, and if moving sticks or rocks when making camp, always put them back where you found them after breaking camp.

Pack it in, pack it out- Reduce the amount of litter taken into the

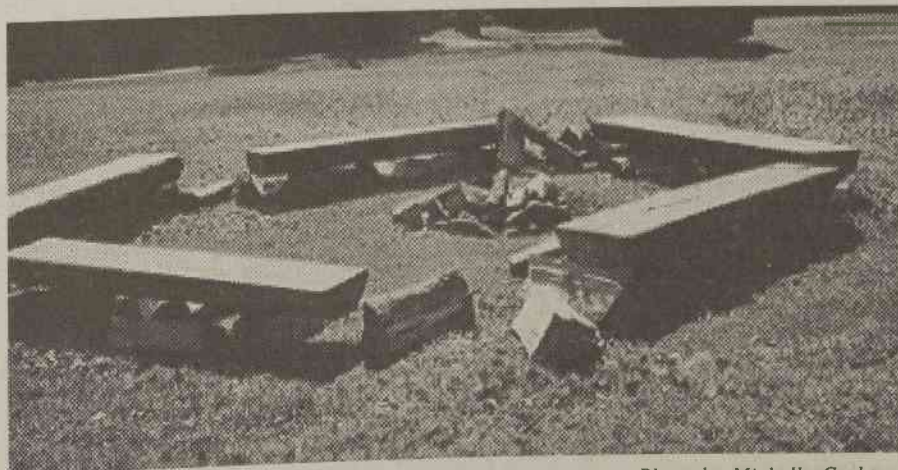


Photo by Michelle Crabtree.

Leave no trace  
information and materials  
1-800-332-4100  
<http://www.Int.org>