



A first look at how we plan an outdoor session responsibly including a hands-on introduction to the principles of Leave No Trace.



Learning experience



Guiding, planning and preparing ahead  
Principles, ethics and regulations



20-30 minutes

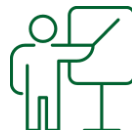


## Participants

- Know the 7 Principles of Leave No Trace
- Understand that going to the outdoors can have an impact
- Understand the importance of good planning for reducing impact
- are able to adopt the principles to their own outdoor sport activities



Suitable for  
outdoor sport instructors  
(and course participants)



Practical sessions



Outdoor F2F  
(Indoor F2F)



## Materials needed

- The 7 Leave No Trace Principles written in big writing on cards that can be laid out on the ground.

More activities under [see-project.eu](https://see-project.eu)



# DAY WALK WITH LNT PRINCIPLES



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- A rucksack and lots of pieces of outdoor equipment e.g., water bottle, food, map, compass, rain gear, extra clothing, lighter and camping stove, torch, towel, toilet paper, zip lock bags, water purifying tables, car keys, emergency blanket, binoculars, first aid kit, pocketknife, whistle and a rubbish bag.



## Activity instruction

Tell the group that you are planning a hill walk somewhere in the area and invite the participants to help you unpack your rucksack. Lay the seven cards out on the ground in between the unpacked items. Allow the participants some time to discuss the items and identify a principle relevant to each item. Once the discussion has taken place, ask the group to place the item alongside the appropriate Principle and explain why they chose that Principle. This should get the conversation of the 7 Principles going.

### Discussion Points on Items:

**Car keys:** Pull out your car keys. Choosing an appropriate parking spot (when possible, chat to the local farmer/landowner to seek advice for where to park) helps to create a good relationship between the landowner and the recreational user.

(Principle: Be Considerate of Others / Plan Ahead and Prepare)

**Clothes:** Mention that wearing the proper clothing will reduce the likelihood of suffering from overheating (hyperthermia) or becoming too cold, possibly resulting in hypothermia. This would reduce the need to be rescued, all of which could potentially lead to creating impacts. As the facilitator, you should be wearing good examples of the correct type of clothing to reinforce this point. (Principle: Plan Ahead and Prepare)

Having boots and gaiters will allow you to stay on the trail even when the conditions are wet and muddy. (Principle: Travel and Camp on Durable Ground)

**Rucksack items:** Food, water, flask, map, compass, rope, torch, spare clothing (in a drybag/bin liner), emergency blanket, first aid kit, bivouac/survival bag, whistle, water purification and rain gear. (Principle: Plan Ahead and Prepare)



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**Cooking kit:** A discussion around campfires and the alternatives. (Principle: Minimise the Effects of Fire)

**Sanitation:** Trowel, Ziploc bags and toilet paper. Mention disposal of human waste and bringing home toilet paper. (Principle: Dispose of Waste Properly)

**Binoculars.** To observe wildlife from a distance. (Principle: Respect Farm Animals and Wildlife)

Show how your **food** is packed. Sandwiches in a lunchbox rather than tinfoil or film helps to cut down on waste. (Principle: Plan Ahead and Prepare/Dispose of Waste Properly)

**Camera/phone with Camera:** This will allow you to take photographs of wildflowers, birds, and wildlife. (Principle: Leave What You Find/Respect Farm Animals and Wildlife)

**Other topics** for discussion may be around wearing bright colours. Listening to music on your walk, your behaviour and size of your group whilst on your walk. (Principle: Be Considerate of Others)

## Reflection and discussion

- Explain how each Principle is framed to allow users to reflect on their behaviour and make better choices to reduce recreational impacts.
- A useful way to wrap up this activity (if motivation and time allow) is to return to the Principle of Plan Ahead and Prepare. Ask participants to re-pack the rucksack only selecting kit that they think is necessary for a day walk.
- Keep discussion brief but encourage reflection on how good preparation can reduce poor decisions.



## Potential variations

- For larger groups, a number of rucksacks can be used, and the group can be split into smaller groups.
- A variation of this activity without using the 7 principles is being described in the activity "The trip in your bag".



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Co-funded by the Erasmus+ Programme of the European Union

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## Background knowledge

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 the countryside, the Principles have been adapted so that they can be applied anywhere — from remote areas, to local parks and even outdoor sports. They also apply to almost every recreational activity. Each Principle covers a specific topic and provides detailed information for minimising impacts.

The 7 Principles are:

1. Plan Ahead and Prepare
2. Be Considerate of Others
3. Respect Farm Animals and Wildlife
4. Travel and Camp on Durable Ground
5. Leave What You Find
6. Dispose of Waste Properly
7. Minimise the Effects of Fire



### Key words

#principles  
#environmental ethics  
#planning



### Source

101 ways to teach Leave No Trace



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