

Tracking "Leave No Trace"

by Dusty Vaughn

THE LEAVE NO TRACE Center for Outdoor Ethics is one of the nation's best sources for information about hiking in the woods responsibly. The center describes itself as "dedicated to promoting and inspiring responsible outdoor recreation through education, research and partnerships." Its goal is to "build awareness, appreciation and respect for wildlands." The center has helped shape my attitude towards the outdoors and the methods and skills I use while in the backcountry. If you have never heard of the seven principles of the Leave No Trace (LNT) program, check out the information box below. Study and memorize these principles if you have not already. These principles will help you and those who come after you have a better and more memorable experience in the backcountry. Take one of their classes from the Subaru-LNT Traveling Trainers or other trainers in the area. You can find a schedule of



training events by logging on to www.LNT.org.

LNT does much more than just promote and teach its seven principles. For example, the center has partnered with REI to educate children about outdoor ethics through PEAK (Promoting Environmental Awareness in Kids). They have put together PEAK Packs, which contain activities, tips, and resources for teaching children. They are available for sale on-line and through REI stores. Another example is the Frontcountry Program, which promotes outdoor ethics in heavily used day-use areas. LNT also has a State Advocate Program, which provides support for its trainers across the country through a network of individuals who help coordinate events and programs. State advocates also help LNT members and non-members find out what is happening in their area. A list of state advocates can be found on the LNT web site (however, several states do not yet have a state advocate).

Perhaps the most exciting news from LNT is the celebration of the center's tenth anniversary with the 10 Million Challenge. With the slogan, "From Your Backyard to Your Backcountry, It Starts With You," the campaign strives to educate 10 million people through its training programs in 2005. On the web site you can find tips and tools to help the campaign reach its goal. Let's get out there and help!

Dusty Vaughn is a summer intern at American Hiking.

In 1990, my son turned 33 and moved into a garage.



He didn't have a regular job-job. Oh sure, he had time to race his bike. And rock climb. And play that trumpet in jazz bars until who knows when. And you can be sure nothing got in the way of those countless treks. Places I'd never heard of. We've had our moments through the years. But all this (pause) really gets a father wondering.

Then he names Clif Bar after me.

I worry too much.

— Clifford Erickson / father of owner

For more of the Clif Bar story, visit www.clifbar.com (©2004 Clif Bar)



New Flavor - Oatmeal Raisin Walnut

Clif Bar is a registered trademark of Clif Bar, Inc. ©2004 Clif Bar, Inc.

The Seven Principles of Leave No Trace:

1. Plan Ahead and Prepare
2. Travel and Camp on Durable Surfaces
3. Dispose of Waste Properly
4. Leave What You Find
5. Minimize Campfire Impacts
6. Respect Wildlife
7. Be Considerate of Other Visitors

For more information, check out www.LNT.org