



Zion

Backcountry Planner

Free

National Park Service

2002

Leave No Trace

The Leave No Trace program promotes and inspires responsible outdoor recreation through education, research, and partnerships. The Leave No Trace message is more than a campaign for clean campsites. It's a program dedicated to building awareness, appreciation, and most of all, respect for our public recreation places. Leave No Trace is about enjoying the great outdoors while traveling and camping with care.

Seven Principles of Leave No Trace

Plan Ahead and Prepare

Be prepared. Don't forget clothes to protect you from adverse weather conditions. Here in Zion National Park, it is very important to protect yourself from the summer heat. Take plenty of water (one gallon per person per day) and drink it. The signs of dehydration are headache, weakness, nausea, vomiting, and cramping. In the colder months, have lots of warm wool or synthetic clothes and a good sleeping bag. Carry maps

and know how to use them. Tell someone where you are going and when you plan to return. Learn about the areas you are planning to visit by reading books and talking to others.

Travel and Camp on Durable Surfaces

Stay on the main trail and walk single file to protect vegetation. Keep natural areas looking natural by steering clear of flowers, cryptobiotic soil crusts, and small trees. Once damaged, they might never grow back. Use existing camp areas and keep your camp small. Camp at least 100 big steps and out of view of roads, trails, and most importantly, water sources. Your campsite should not compact vegetation.

Dispose of Waste Properly

Carry your trash out of the backcountry and dispose of it in a proper trash can or dumpster, or take it home with you. Leave the site cleaner than you found it. Urinate away from drainages. Bury human waste in a small hole 4-8

inches deep and 100 big steps from water. Put your toilet paper in a plastic bag and carry it out. You may wish to try the Restop 2, described on page 5. Keep water clean by not putting human waste, soap, food, or trash in water sources.

Leave What You Find

Treat resources with respect. If you find something really interesting, enjoy it; please leave it there so others may enjoy it. The best way to remember is to take pictures. Find a campsite that someone else has already used. Don't dig trenches in your campsite or alter it in any way.

Minimize Campfire Impacts

Campfires are not allowed anywhere in the Zion backcountry. Use a gas-fueled stove for cooking. In established frontcountry campgrounds you may have a fire in the fire ring provided. Bring your firewood with you; firewood gathering is prohibited in the park. Be sure that your fire is out and cold before you leave and scatter

the ashes. Please be careful with all fire.

Respect Wildlife

Watch wildlife from a distance and don't approach, feed, or follow them. Feeding wildlife human food is unhealthy and is illegal. Protect wildlife and your food by storing your meals and trash tightly. Pets are not allowed in the backcountry of Zion National Park.

Be Considerate of Other Visitors

Like you, other visitors are here to enjoy nature. The fun you have should not bother anyone else. If you meet horses on the trail, step downhill and speak softly until they pass. Avoid yelling and making loud noises, especially in the narrow slot canyons here in Zion National Park.

To learn more about the nationwide Leave No Trace program, call (800) 332-4100 or on the web at www.LNT.org.

Virgin River Water Quality Project

With the increase in recreational use along Zion National Park waterways, the National Park Service introduced a human waste disposal program for overnight users in The Narrows. An environmentally friendly human waste disposal bag, complete with use and disposal instructions, is provided to all party members with every Narrows overnight backcountry permit. The bag is called the Restop 2. It is a light-

weight, sanitary way to pack out waste. The bag within a bag design and ziplock closure securely contains waste and odor, while the special blend of polymers instantly begins to break down waste and turn it into a deodorized gel. The contents of the bag are safe for landfills and may be deposited in the trash. Use of this waste disposal system is strongly encouraged for all Narrows hikers as a means for protecting the Virgin River.

