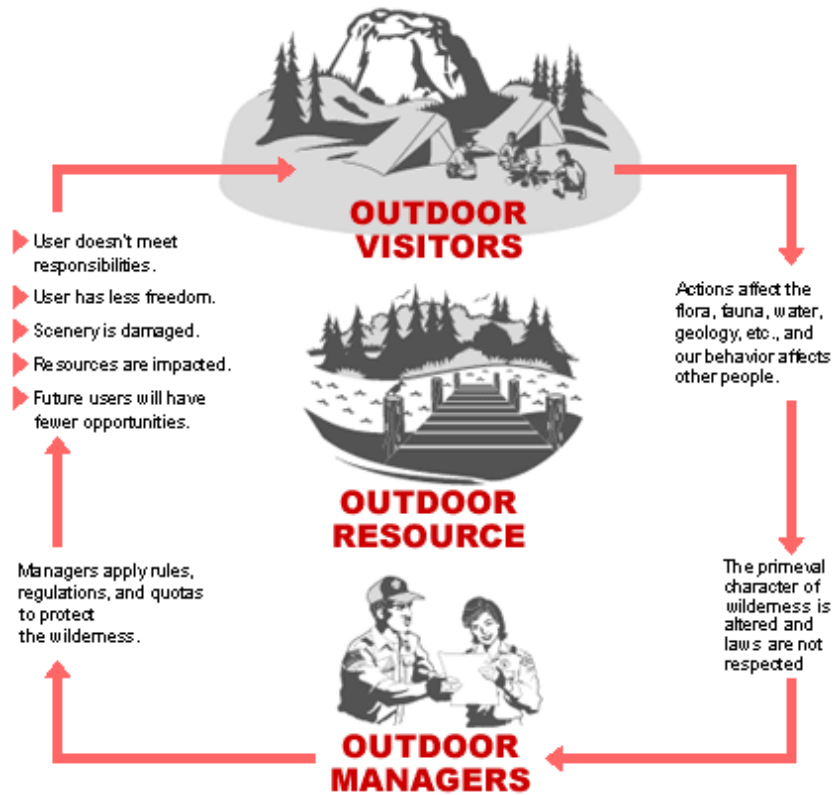


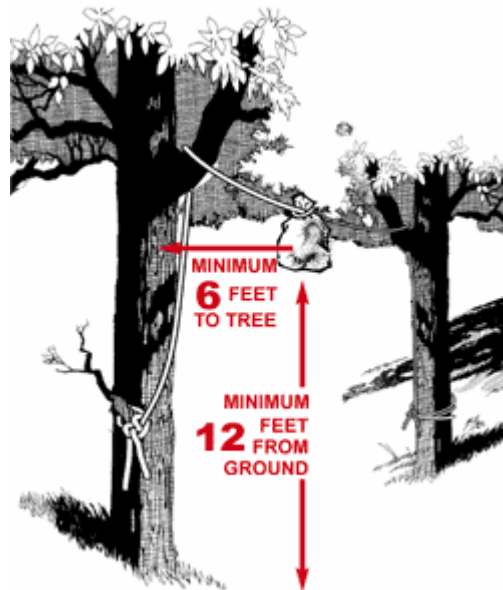
Elements to Consider When Planning a Trip

1. Identify and record the goals (expectations) of your trip.
2. Identify the skills and abilities of the participants.
3. Select destinations that match the goals, skills, and abilities of participants.
4. Seek information about the area your group plans to visit from land managers, maps, and literature.
5. Check the normal weather patterns and temperature ranges for the area during the time of year your trek is planned. Get a projected weather forecast the night before departure. Adjust your plans if necessary, considering the knowledge, experience, and preparedness of the group.
6. Choose equipment and clothing for comfort, safety, and to follow Leave No Trace principles. Include these outdoor essentials:
 - Extra clothing
 - Extra trail food
 - Rain gear (shelter)
 - Pocketknife
 - Matches and fire starters
 - Stove
 - Water bottles
 - Maps and compass
 - First-aid kit
 - Watch
 - Sun and insect protection (broad-brimmed hat, sunglasses, sunscreen of SPF 15 or higher, insect repellent)
 - Camera with zoom lens for photographing wildlife at a distance
 - Small trowel for digging a cathole
 - Small strainer or 1-foot-square piece of fiberglass screen for removing food particles from dishwater
 - Gators for muddy trails or trails with loose stones
7. Axes and saws are not needed for collecting and preparing wood for a Leave No Trace fire. Downed, dead wood is gathered from the ground and broken by hand. Remember, gathering of wood may not be allowed in some parks or other sensitive areas where the ecosystem is recovering.
8. Plan trip activities to match the goals, skills, and abilities of the group.
9. Evaluate your trip upon return; note changes to make next time.

Working with Land Management Personnel



Bear (mini and otherwise) Country Protection of Food and Smellables



Messy kitchens and food odors attract bears (includes mini-bears such as chipmunks and squirrels). A conscientious low-impact camper always keeps a clean camp. Kitchens should be placed at least 200 feet (or 80 adult steps) from tent sites. Food must be stored at least 200 feet from tent and kitchen sites, hung at least 12 feet off the ground between trees, 6 feet away from the trunks of the trees, and 6 feet below a limb. Your food storage, cooking area, and tent sites should form a triangle with a minimum of 200 feet between them. All food items and trash must be hung to keep them away from bears and other wildlife. Food brought to your tent invites danger to your sleeping area, and food left in your pack may result in a destroyed pack as the bear searches for the source of food odors. Consider using bear-proof canisters, which are lightweight and easy to carry.