## The Six Principles of Leave No Trace – Wilderness Wood

## [Plan Ahead and Prepare](https://lnt.org/learn/principle-1)

* Set expectations before going out - understanding what is going to happen and how long it takes will help children relax. Keep it positive and emphasise ‘care’ through looking after themselves, each other and the natural environment.
* Know the regulations and special concerns for the area you are visiting.
* Prepare for all weather, hazards, and emergencies. Attention

span decreases in windy,wet or cold weather so adjust your expectations accordingly

making sure all children and adults are dressed for the weather.

* Visit in small groups when possible. Consider splitting larger groups into smaller groups.
* Repackage food to minimize waste. We ask everyone to take packaging and other waste home apart from compost waste which we collect in white buckets(un- cooked food). Our Ethos is minimum waste!
* Use a map and compass to eliminate the use of marking paint, rock cairns or flagging.

## [Dispose of Waste Properly](https://lnt.org/learn/principle-3)

* Pack it in, pack it out. Inspect the picnic area and for extra waste that has been dropped on the floor or spilled food.
* Make sure only compost waste is in the compost buckets.
* We have toilets near to the barn and compost toilets around the wood, please use as advised. Leave in a clean and tidy manner.
* To wash yourself or your dishes, carry water 200 feet away from streams or lakes and use small amounts of biodegradable soap. Scatter strained dishwater.

## [Leave What You Find](https://lnt.org/learn/principle-4)

* Preserve the past: examine, but do not touch cultural or historic structures and artefacts.
* Leave rocks, plants and other natural objects as you find them.
* Avoid introducing or transporting non-native species.
* Do not build structures, furniture, or dig trenches. (apart from ranger-led activities)
* Only collect from the woodland floor, we ask everyone to not pick anything that is growing unless arranged with ranger for specific activity. The woodland floor is a natural store cupboard full of materials.

## [Minimize Campfire Impacts](https://lnt.org/learn/principle-5)

* Camp-fires can cause lasting impacts to the wood. Where fires are permitted, use established fire rings, fire pans, or mound fires.
* Keep fires small. Only use sticks from the ground that can be broken by hand.
* Burn all wood and coals to ash, put out camp-fires completely, then scatter cool ashes.
* Always carry water and a first aid kit when lighting a fire.

## [Respect Wildlife](https://lnt.org/learn/principle-6)

* Observe wildlife from a distance. Do not follow or approach them.
* Moving slowly and quietly increases awareness and appreciation of the natural world.
* Never feed animals. Feeding wildlife damages their health, alters natural behaviours, and exposes them to predators and other dangers.
* Protect wildlife and your food by storing your lunch and waste securely. (We have had dogs pinch children's lunch left on the floor at the picnic area that's been left in plastic bags!)
* Control pets at all times, or leave them at home.
* Avoid wildlife during sensitive times: mating, nesting, raising young, or winter.

## [Be Considerate of Other Visitors](https://lnt.org/learn/principle-7)

* Respect other visitors and protect the quality of their experience.
* Be courteous. Yield to other users on the trail.
* Take breaks and camp away from trails and other visitors.
* Let nature's sounds prevail. Avoid loud voices and noises.