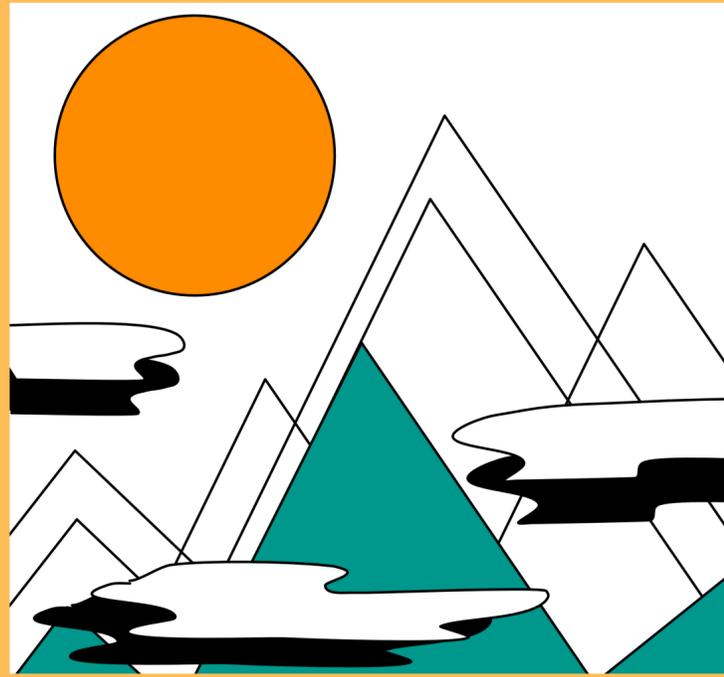


# IN THE MOUNTAINS LEAVE NO TRACE!



## Do not leave any rubbish

what we take with us into the mountains, we take away from the mountains (also applies to organic waste such as banana peels).

## Stay on the trail

to protect the local flora and fauna. Mountain vegetation is fragile and trampling on it damages it. Don't take shortcuts!

## If you find rubbish, feel responsible to take it away.

put them in a plastic bag and disinfect your hands – use gloves if possible.



## Respect wildlife and water streams

avoid making noise and never feed, approach or chase a wild animal.

## Respect the spaces and ecosystems of mountain communities



## Do not pick up flowers, plants or stones. Do not move rocks or logs.

because this ruins living habitats and do not build cairns for anything other than to mark difficult navigation locations – their intended use.

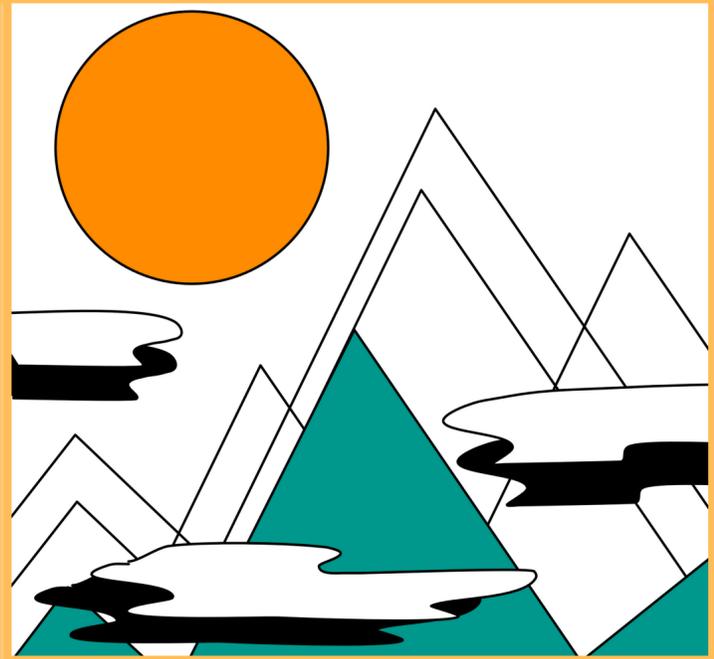


Support the Feminist Hiking Collective  
[www.feministhikingcollective.org/support](http://www.feministhikingcollective.org/support)

Feminist Hiking Collective



# IN THE MOUNTAINS LEAVE NO TRACE!



## Do your business away from water sources

e.g. rivers, streams and lakes – stay at a distance of least 60mt – to avoid contaminating natural water sources.

Also avoid the path. Make sure you take all toilet paper and wipes with you – don't hide them behind bushes. Bag and carry away poo if you can (there are biodegradable, odour-neutralising bags, and they can be filled into portable 'poo tubes' for transport), but if you find yourself without bags, dig a 15-20cm hole and cover.



## Consider the impact of the products you use

Many sun creams, detergents and insect repellents contain chemicals that are harmful to nature. Look for natural creams and natural repellents.

Spread the word about mountain protection with these simple practices!

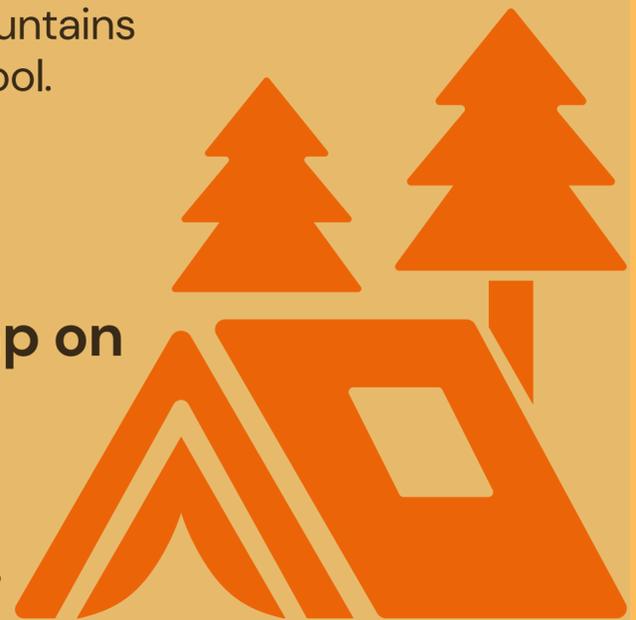
## Clean shoes and walking sticks

(or bike tyres) before arrival to reduce the introduction of non-native plants and micro-organisms through the dispersal of non-native seeds on shoes and equipment.

Travel to the mountains by train or carpool. Avoid planes if you can.

## Sit and camp on durable surfaces

e.g. not on grass



## Greet and smile at the hiker you meet!

And remember that the hiker on the ascent has the right of way. OK, this is not a Leave No Trace practice...but it makes the difference and reflects the collective and solidarity spirit of being in the mountains!



Support the Feminist Hiking Collective  
[www.feministhikingcollective.org/support](http://www.feministhikingcollective.org/support)

Feminist Hiking Collective

