

THE RESOURCE

MAY 2016

TECH TIP
VIDEOS

Raising the
Bar with *10*
Demonstration
Sites

EDUCATION IN MOTION

*Find out when Leave No Trace will be
in your neck of the woods!*

LEAVE NO TRACE AMBASSADOR
PAYS IT FORWARD

5 TO DO'S
FOR BETTER
BACKPACKING



COVER IMAGE: Fly-fishing Guide and Outfitter, Guy Jeans wets his line on the Upper Kern River during an interview on the importance of Leave No Trace in his community. Subaru/Leave No Trace Traveling Trainers met Guy during the 2016 Kern River Valley Hot Spot week. Learn more about native species in the area and why Guy believes in protecting the places that we love.

TABLE OF CONTENTS

THE FANTASTIC 4	4
Updates for outstanding outdoor advocates	
BECOME A BETTER BACKPACKER	6
5 skills to help you prepare for your next backpacking trip	
RAISING THE BAR	8
Introducing 10 new Demonstration Sites that are paving the way	
TRAVELING TRAINER TECH TIPS	10
How to hang a hammock, cast a line, and more!	
STORY FROM A LEAVE NO TRACE AMBASSADOR	11
Liz Thomas pays it forward in the outdoors	
LEAVE NO TRACE PRO SHOP	14
Pick up some new Leave No Trace Skills & Ethics booklets!	

THE RESOURCE SPRING 2016

“I hear the mountains calling and I must go” -John Muir

Raising a teenager is a tricky business; the moods, the attitude, the righteousness. The Jekyll. The Hyde. This column isn't about parenting but stay with me. Raising a teenager, and parenting in general is a tough job. The outlet I have and what keeps me sane is nature – the trail I hike almost daily. What it provides for me when I need patience, solitude, adrenaline, is immeasurable. As John Muir said many years ago: I hear the mountains calling and I must go. The trail is where I go when I need to figure out how best to interact and connect with my teenager. I hear the mountain a lot and I always heed the call. And I'm thankful every day that I have a place to go outdoors – the local park, the trail up the street, even the backyard. In this year of the National Parks Centennial, we can all find our park or outdoor place, and be thankful that these icons exist for all to enjoy. Finding nature, our personal outdoor places, feeds so many different, inspiring, meaningful aspects of our lives. These days for me it's parenting. What is it for you?

Support and celebrate the National Park Service's Find Your Park this year and discover your outdoor place. And as we celebrate the Parks Centennial, we also move closer to our goal of Leave No Trace in Every Park. Imagine experiencing Leave No Trace in every park – at the trailhead, in visitor centers, while talking with a ranger on the trail. But more importantly, experiencing a park where all visitors care and embrace a Leave No Trace ethic. With your help, we're working to get this notion out of our imaginations and into reality; to bring

Leave No Trace education, information and training to every park and protected area in the country. Lofty, yes, but we believe that with this national campaign, parks will continue to thrive because people understand what it means to take care of them. Check out our list of 10 demonstration projects that will highlight Leave No Trace in Every Park on page 8.

As we gear up for the peak season and start exploring our parks, we here at the Center are preparing our Traveling Teams and volunteers to hit the ground running. Our eight Subaru/Leave No Trace Traveling Trainers will divide the country into four regions and then start off their year on the road. We couldn't be more excited for these exquisite trainers to help support Leave No Trace in Every Park this year. In addition to their full slate of training programs, they will facilitate 16 Hotspot programs around the nation – see link for map and details on page 15.

This issue of the Resource is also loaded with skills for spring outings from hammocking and fly fishing to hiking and camping. Also check out the backpacking skills piece for spring. I promise you'll pick up some tips you didn't know – I did. Enjoy and get out there!



DANA WATTS
Leave No Trace
Executive Director



FANTASTIC FOUR: *May 2016*

1 As part of Every Kid in a Park, a White House youth initiative to get all fourth-graders and their families outdoors, the Center created Leave No Trace lesson plans for the publisher Scholastic. The series was recently featured on Find-YourPark.org and was distributed to 30,000 fourth-grade classrooms across the country.

2 New youth-based research with our partners at Penn State University commenced at Shaver's Creek Outdoor School in Pennsylvania. The research, funded by the McConnell Foundation, will help the Center further understand effective ways to teach Leave No Trace to children.

3 New State Advocates were added in Alaska, Florida, Maine, North Carolina, Ohio, Maryland, Pennsylvania and Washington to help bring relevant, local Leave No Trace programs to those states. Find your State Advocate.

4 Leave No Trace in Every Park's signature Hot Spot program is off and running with five programs completed in California, Georgia, Nevada, Virginia and Kentucky thus far in 2016. Help is on the way for the remaining eleven sites through the summer and fall.

Jenna Hanger, Subaru/Leave No Trace Traveling Trainer, warms up for a bouldering session in Joshua Tree National Park. Joshua Tree is a paradise for climbers and boulderers with more than 400 climbing formations and 8,000 climbing routes within the park.





5 TO DO'S FOR BETTER BACKPACKING

May means that it is the time for winter recreationists to pack away the cold weather gear and get ready to hit the trail. However you enjoyed winter, summer in the northern hemisphere is right around the corner, and that means it is backpacking season. Backpacking is one of the easiest and most popular ways to explore outdoor recreation areas for a night or more. From thru hiking experiences on the Pacific Crest or Appalachian Trail to loops in a state park, tens of thousands of people will take on the trails in the coming months. With so many outdoor enthusiasts out there, the need to practice and encourage Leave No Trace while backpacking is, simply, the right thing to do. Below are five tips to minimize your impact when backpacking in the outdoors:

1 REPACKAGE YOUR FOOD. Leaving unneeded food packaging at home will be a great first step in minimizing the amount of potential trash that you pack in and out of the outdoors. Repacking and consolidating your trip food according to major meals and your personal snacks not only helps reduce potential waste, but it also helps you stay organized. Using quart or gallon plastic bags that can be sealed at the end will double as trash bags when you are finished with meals.

2 WATCH FOR MICRO FOOD TRASH! As you are cleaning pots, bowls, or pans after a meal, use a very fine strainer or filter to catch the food particulate that is left over from your dish duty. Pour your wastewater through the strainer for the best results, and then place the waste into a trash bag.

3 PROPERLY STORE YOUR FOOD AND TRASH IN THE BACKCOUNTRY. No matter where you go backpacking this summer, proper food storage to keep your delicious human food away from animals is a must. Some parks will even require you to know proper food storage methods, per the agreement on your permit! Hanging a bear bag or using a bear canister are two techniques that are essential for the Leave No Trace buff. Do some research ahead of time to determine the resources that you'll need based on the amount of food and trash (weight and size) that you will be carrying with you on your trip.

4 CAMP ON A DURABLE SURFACE EACH NIGHT. As the mantra goes, "good campsites are found, not made." If you are backpacking with a permit from a local or federal agency, chances are your campsite area is assigned to you. If your campsite is not assigned to you, or you will be making camp in a non-established camping area, remember to keep your campsite small and focus activity in areas where greenery is absent.

5 CAMPFIRES. Even with the El Nino weather pattern giving a little relief to the U.S., much of the country is still experiencing a drought. Please minimize your campfire impacts by only having fires in permitted areas and using established fire rings, fire pans, or mound fires. By keeping campfires small and under control, the likelihood of fires spreading in drought areas will be very low.



Photo taken on the approach trail to Valhalla in the Kern River Valley during the 2016 Kern River Hot Spot Week. Subaru/Leave No Trace Traveling Trainers spent 9 days working with schools, local businesses, and land managers to increase Leave No Trace Education. With over 500,000 visitors to the Kern River Valley each year, it has become critical to spread Leave No Trace education throughout the area.

Introducing DEMONSTRATION SITES

Leave No Trace education is for anyone who loves the outdoors. What if everyone venturing onto public lands was inspired with an outdoor ethic? If successful, what would it mean for the lands we all love? What if all visitors learned just a few Leave No Trace skills to bring with them into the backcountry? The collective impact (or lack thereof) would be earth changing, literally.



The fastest way to educate is to focus on the source—the lands themselves. We are ramping up our work on public lands, concentrating on a new, multi-year initiative: Leave No Trace in Every Park. The goal: that every person who visits a park, forest or protected area has the opportunity to learn about and put Leave No Trace into action. Leave No Trace in Every Park ensures that parks continue to thrive because people understand what it means to take care of them.

The significance of recreation related impacts is continually reflected in the high costs brought upon agencies to construct, maintain, and rehabilitate recreational facilities, and to operate visitor-focused programs. These challenges have been heightened by

increased visitation combined with decreased agency funding for visitor management and education initiatives. As our nation's land managers continue to face these problems, Leave No Trace aims to relieve some of those costs by ensuring that a consistent message exists across the entire public lands spectrum – ultimately leading to a collective decrease in visitor-created resource and social impacts.

Earlier this year, the Center asked public lands managers, who are already effectively implementing Leave No Trace, to apply to be a select Leave No Trace Demonstration Site. The Demonstration Site land managers were then asked to aid their colleagues from other public lands in replicating, tailoring, and building on their specific

successes to bring other public lands up to a similarly high level of minimum-impact education and programming. These ten selected Demonstration Sites showcase strong organizational commitment to Leave No Trace and the promotion of outdoor skills, ethics, and stewardship to help protect the natural resources and visitor experiences of their lands.

According to Dana Watts, Leave No Trace's Executive Director, "This is an exciting addition to the Leave No Trace in Every Park Initiative." She continues, "Demonstration Sites are model sites. The designation recognizes that these sites are practicing and promoting Leave No Trace to the highest standards ultimately leading to measurable improvements in the health of these areas over time."

The Center aims to display the robust and innovative approaches that city, county, state, and federal agencies have taken to integrate Leave No Trace programming through considerable media attention surrounding the ongoing successes of Leave No Trace in Every Park. This increased public exposure will aid in raising agency profiles as leading the charge in this national campaign. Lastly, other agencies will learn from Demonstration Sites, and can strive to replicate successful strategies in order to promote long-term responsible enjoyment of the outdoors.

Areas selected as Leave No Trace in Every Park Demonstration Sites exemplify a history of successfully integrating Leave No Trace outdoor skills and ethics into management, programming, outreach, and education efforts. These sites have Leave No Trace educators on staff or in service, signage present throughout trailheads, visitor centers and campgrounds, as well as language and messaging integrated within pamphlets, maps, and other distributed materials. Many Demonstration Sites also have Leave No Trace as part of various interpretive programs including ranger talks, campfire programs, and trail outings.



Subaru/Leave No Trace Traveling Trainer Katelyn Stutterheim soaking up the sun on the bank of the Yuba River after a day of working with elementary school students at Grass Valley Charter School in California.

The selected Leave No Trace in Every Park Demonstration Sites currently include:

- San Juan Islands National Monument – Lopez Island, WA
- Knob Noster State Park – Knob Noster, MO
- New River Gorge National River – Glen Jean, WV
- Isle Royale National Park – Houghton, MI
- Chattahoochee River National Recreation Area – Sand Springs, GA
- Coconino National Forest – Flagstaff, AZ
- Cheaha State Park – Delta, AL
- Olympic National Park – Port Angeles, WA
- Shenandoah National Park – Luray, VA
- Acadia National Park - Bar Harbor, ME

Learn more about the Leave No Trace in Every Park Initiative [here](#).

The Demonstration Sites project is supported by a grant from Leave No Trace partner Keen Footwear.

TECH TIPS



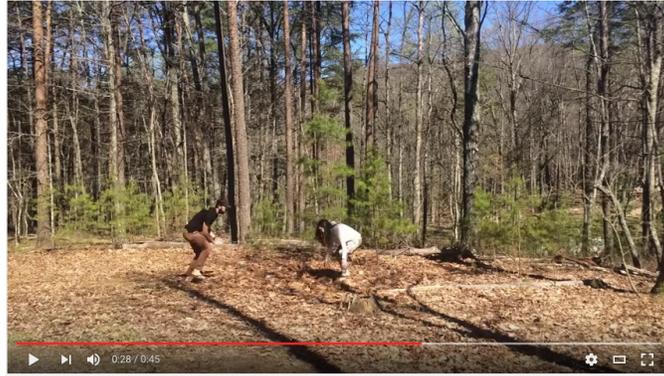
Tip to Tree-Friendly Hammocking



84 views

+ Add to Share ... More

1 3



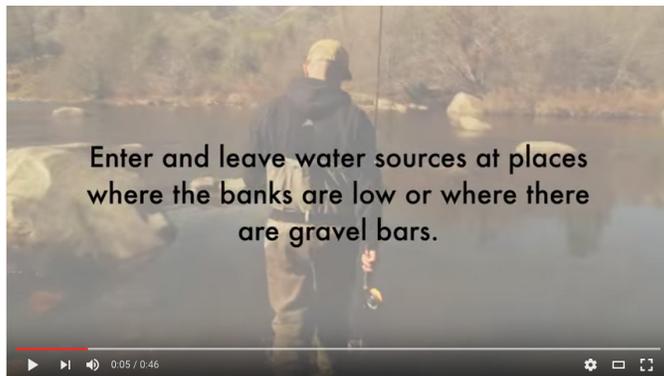
Fluff The Duff: a Tech Tip for Camping



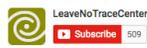
85 views

+ Add to Share ... More

3 0



Tech Tip: Fly Fishing



88 views

+ Add to Share ... More

0 0



PAYING IT FORWARD

Liz Thomas

Nature is the ultimate place to hit the reset button, challenge yourself, and elevate the fun meter. Best yet, all of these benefits are completely free. What the outdoors asks in return: leave it as clean or cleaner than we found it. Spending time in the outdoors is just like being a guest in someone else's home. Mother Nature is the host who invited us out for a free day full of adventure; all she asks is that we don't make a mess of her place while we are visiting.

Of course, every good host/guest relationship is built on communication. And believe me, I know how hard it is to talk with a tree and ask for advice on being a respectful visitor. Luckily, Mother Nature has a translator who developed guidelines for being a gracious guest. Leave No Trace is the outdoor ethics guide that ensures that everyone who vacations outside—including you, your kids, and grandkids—will be invited back to a place that will be just as awesome as it is now.

As a professional outdoor athlete, I regularly review Leave No Trace material to remind myself that I can be a courteous outdoor visitor. You and your family can do the same thing at home by brushing up on your Leave No Trace skills before heading outdoors. Who knows? If you're a great guest, maybe Mother Nature will even invite you back for a longer stay.

Liz Thomas is an ambassador for Leave No Trace partner, Sawyer. Thomas is a well-traveled adventure athlete most known for breaking the women's unsupported speed record on the 2,181-mile long Appalachian Trail.

IN THE SPOTLIGHT

Community Partners



ORGANIZATION: Girl Scouts of Virginia Skyline

PARTNER SINCE: 2015

PROUDEST ACCOMPLISHMENT AS AN ORGANIZATION: Building girls of courage, confidence, and character who make the world a better place by helping them discover their inner strength, passions, and talents – indoors and outdoors!

WHY LEAVE NO TRACE?: Because it is so very important to teach the next generation how to enjoy and conserve the great outdoors.

CAN'T GO OUTSIDE WITHOUT:

A friend by my side to share the fun, friendship and power of girls together.

MY LEAVE NO TRACE

PARTNERSHIP: helps us instill in the next generation an appreciation and respect for nature. Appreciation for our natural environment and knowledge of the relationships with nature bolster our respect and reverence toward the great green earth.

IN THE SPOTLIGHT

Community Partners



ORGANIZATION: Calleva

PARTNER SINCE: 2006

WHY LEAVE NO TRACE?: Because everyone should be able to have their own adventures.

HOW DO YOU GET FROM POINT A TO POINT B: Any way that is human or nature powered: feet, sailboat, bike, etc.

BEST TRAIL SNACK: Big bag of trail mix with LOTS of M&Ms

MY LEAVE NO TRACE

PARTNERSHIP: helps make it possible for us to fulfill our mission to get people of all ages in the outdoors.

FAVORITE MEMORY OUTSIDE: Taking in the sunset from Annapolis Rocks.

PRO SHOP SALE

Grab a new Skills & Ethics booklet and hang up your hammock today!



NEW Leave No Trace ENO Hammocks

\$69.95 Each

All Leave No Trace Skills & Ethics Booklets 30% off

through June!

\$2.05 Each

Regularly \$2.95

EDUCATION IN *MOTION*

The Subaru/Leave No Trace Traveling Trainers are conducting the following events across the country in May and June. Find out more about how you can get involved by checking out the event calendar:

CALIFORNIA:

- Lake Tahoe Region Hot Spot Week, South Lake Tahoe, June 6-13

COLORADO:

- Jax Camping Kick Off, Fort Collins, May 14
- Pomona Elementary School, Montrose, May 17-18
- Ragnar Trail Relay, Snowmass, June 2-4
- Telluride Bluegrass Festival, Telluride, June 15-20
- Colorado Trail Days, Durango, June 25-26
- Osprey, Cortez, June 29

MAINE:

- Acadia National Park Hot Spot Week, Bar Harbor, June 20-27

MICHIGAN:

- Grand River Water Festival, Grand Rapids, June 26
- Fjallraven, Ann Arbor, June 30

MINNESOTA:

- Great American Canoe Festival, Ely, June 10-12
- Fjallraven, St. Paul, June 16

NEW JERSEY:

- L.L. Bean, Paramus, June 6
- Campmor, Paramus, June 7

NEW YORK:

- Outdoor Fest 2016 'Warm Up Day', New York City, June 4
- Epic Fjallraven, New York City, June 5
- Girl Scouts Heart of the Hudson Camporee, New Paltz, June 11-12
- L.L. Bean, Albany, June 13

OREGON:

- Subaru of Bend Outside Games, Bend, June 23-26

VIRGINIA:

- Appalachian Trail Days 2016, Damascus, May 13-15
- Dominion Riverrock, Richmond, May 19-23
- Great Falls National Park, May 27-29

WASHINGTON:

- West Valley Outdoor Learning Center, Spokane, May 23-25
- BLM Wenatchee and Wenatchee Upper Valley Museum & Cultural Center, Wenatchee, May 27

WISCONSIN:

- Erehwon Mountain Outfitter's Outdoor Adventure Expo 2015, Glendale, June 4

WYOMING:

- Grand Teton Lodge Company, Moran, May 26-29