

Bigfoot's Playbook Activity Materials

The following activity materials are intended to be used with *Bigfoot's Playbook: A Youth Educator's Guide to Leave No Trace Activities, Games, and Experiential Curriculum*

ACTIVITY MATERIALS INCLUDED IN THIS PACKET:

- Ethics Game
- Campsite Oh-No's
- Minimum impact Match
- Specific is Superior
- Okay vs. No Way
- Are You Ready?
- Surface Hopscotch
- Trash Timeline
- Leave No Trace Question Ball
- Who Will Survive?

ABOUT THIS PACKET:

- The activity cards have been designed so that you can print double sided.
- It is recommended that you print out the cards, cut them out when appropriate, and laminate the cards ahead of using Bigfoot's Playbook.
- Each group of activity materials includes a blank card page with a backing so that you may create your own cards with items that are specific to your program, community and culture.



Ethics Game



Ethics Game



Ethics Game



Ethics Game



Ethics Game



Ethics Game



Ethics Game



Ethics Game



Ethics Game



Ethics Game



Ethics Game



Ethics Game



Other kids cutting from one part of the trail to another to get in front of everyone else.

Food and snack wrappers in the camp's fire ring.

People breaking the branches off trees.

Names carved in trees.

Stranger's dog approaches you and/or jumps on you.

Kids on bikes not looking out for other people.

Trampled flowers around an outdoor area, camp or on a trail.

Fish guts on the stream bank.

Trash on the ground in your classroom area or around camp.

A large group listening to music on the trail.

Kids or adults feeding animals like squirrels.

Pet waste on the ground.



Ethics Game



Ethics Game



Ethics Game



Ethics Game



Ethics Game



Ethics Game



Ethics Game



Ethics Game



Ethics Game



Ethics Game



Ethics Game



Ethics Game



Banana peels and apple cores left around a picnic area or on the side of a road.

Fishing line and hooks left on the banks of a lake or river.

Other kids or adults not showing you respect.

Other kids and adults being noisy and scaring off the animals you're watching.

Cave features broken by humans.

Half burned food and trash in a campfire ring.

Kids or adults finding deer antlers and taking them for themselves.

Other camp groups setting up their tents next to yours.

Kids or adults squishing insects or other small creatures.

Other kids ruining an art project of yours.

Trash left scattered around sport's fields.

Kids or adults picking wild flowers.



Ethics Game



Ethics Game



Ethics Game



Ethics Game



Ethics Game



Ethics Game



Ethics Game



Ethics Game



Ethics Game



Ethics Game



Ethics Game



Ethics Game





Campsite Oh-No's



Campsite Oh-No's



Campsite Oh-No's



Campsite Oh-No's



Campsite Oh-No's



Campsite Oh-No's



Campsite Oh-No's



Campsite Oh-No's



Campsite Oh-No's



Campsite Oh-No's



Campsite Oh-No's



Campsite Oh-No's



Banana peels and apple cores left around a picnic area or on the side of a road.

Food and litter at your campsite attract animals (add mice, raccoons and/or bears).

A large, partially burned log is laying over the top of the fire pit (add a large burned log that overlaps your fire pit area).

Your water source is dirtied by the last campers (add food scraps, foam, and a muddy bank).

The campers next to you are playing very loud music and their pets are running through your campsite.

Trees surrounding your campsite have the last campers' names and initials carved into them (add drawings on trees).

The flowers around your site are all picked or trampled.

'Social trails' run through your campsite and in all directions (add new trails that criss cross from the nearby brush straight through your camp).

Other campers are washing their dishes in your water source (add dirty dishes, soap, and food scraps to the water source).

The "garbage monster" visits your site (add styrofoam, food wrappers and flashlight batteries).

Multiple burn areas scorch the ground where camp fires have been before (add burn marks to the ground next to your tent and two in your eating area).

The firepit is filled with partially burned garbage by the last campers.



Campsite Oh-No's



Campsite Oh-No's



Campsite Oh-No's



Campsite Oh-No's



Campsite Oh-No's



Campsite Oh-No's



Campsite Oh-No's



Campsite Oh-No's



Campsite Oh-No's



Campsite Oh-No's



Campsite Oh-No's



Campsite Oh-No's





A

Minimum
Impact
Match



A

Minimum
Impact
Match



A

Minimum
Impact
Match



A

Minimum
Impact
Match



A

Minimum
Impact
Match



A

Minimum
Impact
Match



A

Minimum
Impact
Match



A

Minimum
Impact
Match



A

Minimum
Impact
Match



A

Minimum
Impact
Match



A

Minimum
Impact
Match



A

Minimum
Impact
Match



leash

batteries

gloves

trail

flashlight

binoculars

cat hole

lantern

stove

**colored
pencils**

headphones

socks



A

Minimum
Impact
Match



A

Minimum
Impact
Match



A

Minimum
Impact
Match



A

Minimum
Impact
Match



A

Minimum
Impact
Match



A

Minimum
Impact
Match



A

Minimum
Impact
Match



A

Minimum
Impact
Match



A

Minimum
Impact
Match



A

Minimum
Impact
Match



A

Minimum
Impact
Match



A

Minimum
Impact
Match



compass

bandages

rope

trash bag

**sleeping
bag**

sunscreen

**water
bottle**

rain jacket



A

Minimum
Impact
Match



A

Minimum
Impact
Match



A

Minimum
Impact
Match



A

Minimum
Impact
Match



A

Minimum
Impact
Match



A

Minimum
Impact
Match



A

Minimum
Impact
Match



A

Minimum
Impact
Match



A

Minimum
Impact
Match



A

Minimum
Impact
Match



A

Minimum
Impact
Match



A

Minimum
Impact
Match





B

Minimum
Impact
Match



B

Minimum
Impact
Match



B

Minimum
Impact
Match



B

Minimum
Impact
Match



B

Minimum
Impact
Match



B

Minimum
Impact
Match



B

Minimum
Impact
Match



B

Minimum
Impact
Match



B

Minimum
Impact
Match



B

Minimum
Impact
Match



B

Minimum
Impact
Match



B

Minimum
Impact
Match



litter

camera

pet

trowel

matches

fuel

sketchbook

music

boots

map

first aid kit

**bag to
hang food**



B

Minimum
Impact
Match



B

Minimum
Impact
Match



B

Minimum
Impact
Match



B

Minimum
Impact
Match



B

Minimum
Impact
Match



B

Minimum
Impact
Match



B

Minimum
Impact
Match



B

Minimum
Impact
Match



B

Minimum
Impact
Match



B

Minimum
Impact
Match



B

Minimum
Impact
Match



B

Minimum
Impact
Match



flashlight

backpack

tent

sign

snacks

sunglasses

hat

wildlife



B

Minimum
Impact
Match



B

Minimum
Impact
Match



B

Minimum
Impact
Match



B

Minimum
Impact
Match



B

Minimum
Impact
Match



B

Minimum
Impact
Match



B

Minimum
Impact
Match



B

Minimum
Impact
Match



B

Minimum
Impact
Match



B

Minimum
Impact
Match



B

Minimum
Impact
Match



B

Minimum
Impact
Match





Okay vs.
No Way



Okay vs.
No Way



Okay vs.
No Way



Okay vs.
No Way



Okay vs.
No Way



Okay vs.
No Way



Okay vs.
No Way



Okay vs.
No Way



Okay vs.
No Way



Okay vs.
No Way



Okay vs.
No Way



Okay vs.
No Way



To minimize food waste, try not to cook more food than you will eat.

Okay! This is a great way to reduce food waste that you would have to otherwise pack out and throw away.

A great way to minimize food waste is to prepare or practice making your meals at home before you go on your trip.

Okay! Preparing at home before you go is always a good idea, especially when it comes to food.

A bandanna can be used to strain food particles from wastewater.

Okay! Catching food particles in a bandanna allows the food particles to be thrown away while the water is dispersed.

With leftover food, you should strain out the chunks and pack them out.

Okay! Straining out the chunks of food first will help make the cleaning process much easier. Pack out the food when finished.

Buying food in bulk is a great way to minimize packaging waste.

Okay! Purchasing food in bulk not only reduces packaging waste, but it is usually cheaper as well!

Repackaging food before you leave will reduce the amount of trash you have to deal with.

Okay! Repackaging food into different bags and containers can reduce the amount of trash that you will have to pack out while on your trip.

You can wash dishes right in the stream because soap is clean and won't impact water sources.

No way... soap is a contaminant that will negatively impact a water source. This includes biodegradable soap.

It's a good idea to always have a campfire.

No way... it could be a very bad idea to have a campfire if there is a fire ban, drought conditions or no way to minimize fire impacts.

Repackaging food is a waste of time.

No way... while repackaging food may take some time, its value to reduce the amount of trash that you will pack out makes it worth someone's time.

Just leave your leftover food in camp.

No way... leftover food would be consumed by animals and attract them to that area in the future, negatively impacting other people that come to camp at that site.

Store food in a bear resistant container in your tent.

No way... while it is important to store food in a bear proof container, you should never keep that canister in your tent. Animals can still smell food through the canister!

Canned food is a great food to bring backpacking.

No way... canned food is heavy, doesn't often support the needs of a group, and produces a lot of heavy garbage that you will have to carry out.



Okay vs.
No Way



Okay vs.
No Way



Okay vs.
No Way



Okay vs.
No Way



Okay vs.
No Way



Okay vs.
No Way



Okay vs.
No Way



Okay vs.
No Way



Okay vs.
No Way



Okay vs.
No Way

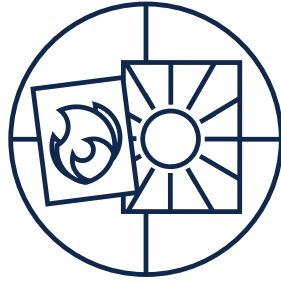


Okay vs.
No Way



Okay vs.
No Way





Specific is
Superior



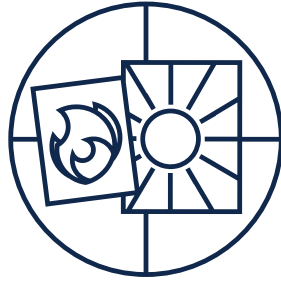


Specific is
Superior



Scenario #1

A staff member has told you that you'll be venturing out on a long hike tomorrow. You and your group will be hiking in Shenandoah National Park, starting at 10:00 a.m. at the Meadow Springs Parking Area and hiking two miles before breaking for lunch around Noon. After lunch there will be another mile hike out to High Clear Pond. After a quick dip, the group will begin hiking back out to the trailhead with an arrival time of approximately 4:00pm. The hike into the pond will be mostly uphill with some flat stretches. The return hike will be mostly downhill. Temperatures during this time of the year can range from high 50's in the morning and at higher elevations to the low 90's during the afternoon. The weather is predicted to be mostly sunny, but be prepared for any weather, including rain. The trail can be quite rocky and may be muddy so come prepared with hiking boots. The planned lunch area is beautiful and provides a great spot off trail for the group. You will have to bring your own lunch. Staff members will have sunscreen, first aid kits, radios, and all other necessary safety equipment. Be prepared for a wonderful time! See you there!



Specific is
Superior





Are You Ready?

ENVIRONMENT & CONDITION CARDS

Do the contents of your pack...

- Help you make sure that you will be safe? Please explain.
- Help you Leave No Trace? How?
- Help you have a successful and fun day on the trip? Please explain.
- Properly prepare you for the weather conditions that you'll encounter? How?



Are You Ready?

ENVIRONMENT & CONDITION CARDS

Do the contents of your pack...

- Help you make sure that you will be safe? Please explain.
- Help you Leave No Trace? How?
- Help you have a successful and fun day on the trip? Please explain.
- Properly prepare you for the weather conditions that you'll encounter? How?



Are You Ready?

ENVIRONMENT & CONDITION CARDS

Do the contents of your pack...

- Help you make sure that you will be safe? Please explain.
- Help you Leave No Trace? How?
- Help you have a successful and fun day on the trip? Please explain.
- Properly prepare you for the weather conditions that you'll encounter? How?



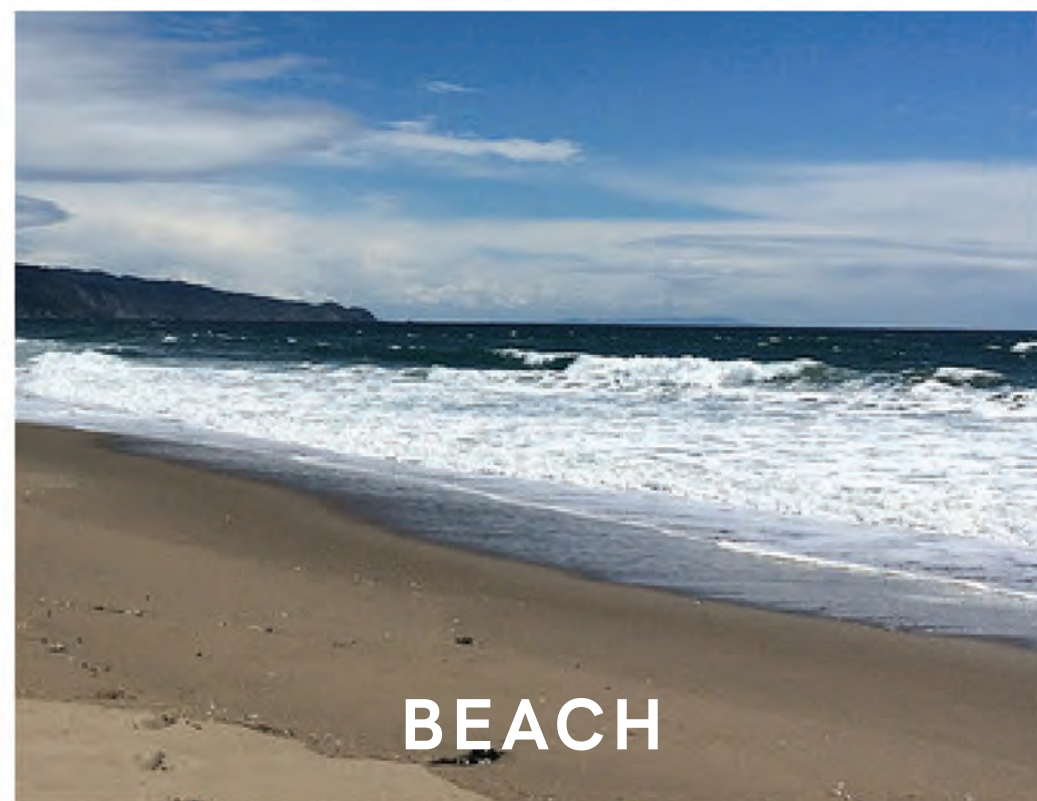
Are You Ready?

ENVIRONMENT & CONDITION CARDS

Do the contents of your pack...

- Help you make sure that you will be safe? Please explain.
- Help you Leave No Trace? How?
- Help you have a successful and fun day on the trip? Please explain.
- Properly prepare you for the weather conditions that you'll encounter? How?





BEACH



SKI AREA



CITY PARK



COMMUNITY POOL



Are You Ready?

ENVIRONMENT & CONDITION CARDS

Do the contents of your pack...

- Help you make sure that you will be safe? Please explain.
- Help you Leave No Trace? How?
- Help you have a successful and fun day on the trip? Please explain.
- Properly prepare you for the weather conditions that you'll encounter? How?



Are You Ready?

ENVIRONMENT & CONDITION CARDS

Do the contents of your pack...

- Help you make sure that you will be safe? Please explain.
- Help you Leave No Trace? How?
- Help you have a successful and fun day on the trip? Please explain.
- Properly prepare you for the weather conditions that you'll encounter? How?



Are You Ready?

ENVIRONMENT & CONDITION CARDS

Do the contents of your pack...

- Help you make sure that you will be safe? Please explain.
- Help you Leave No Trace? How?
- Help you have a successful and fun day on the trip? Please explain.
- Properly prepare you for the weather conditions that you'll encounter? How?



Are You Ready?

ENVIRONMENT & CONDITION CARDS

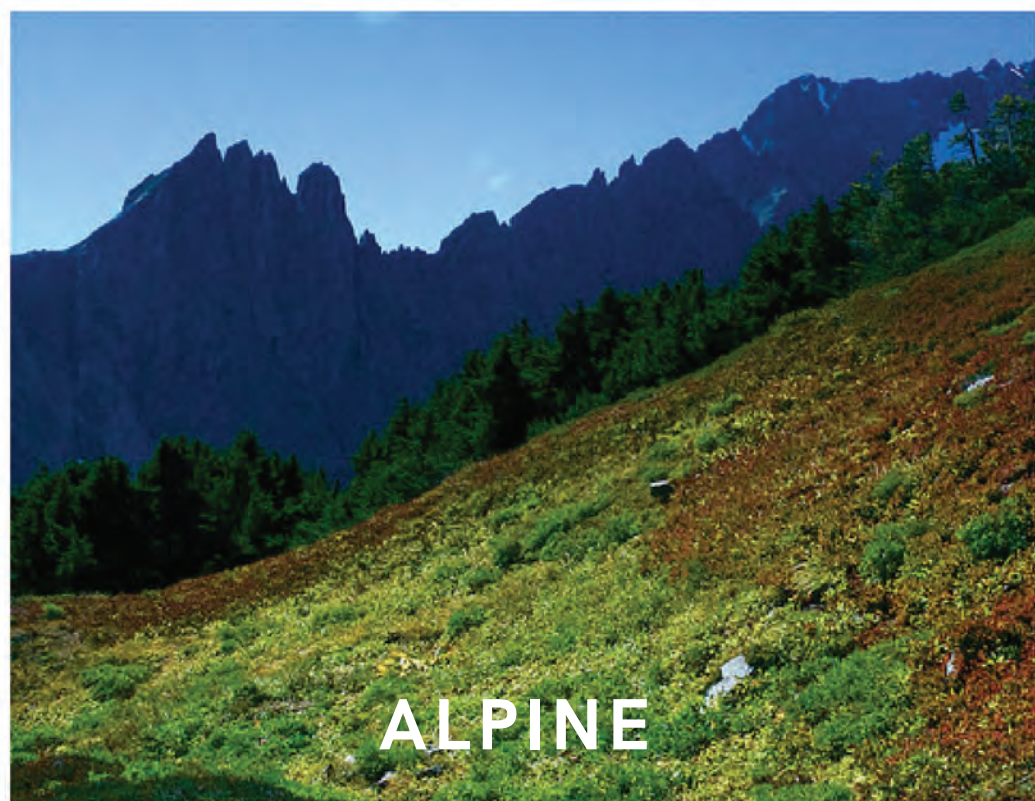
Do the contents of your pack...

- Help you make sure that you will be safe? Please explain.
- Help you Leave No Trace? How?
- Help you have a successful and fun day on the trip? Please explain.
- Properly prepare you for the weather conditions that you'll encounter? How?





FOREST



ALPINE



DESERT



RIVER



Are You Ready?

ENVIRONMENT & CONDITION CARDS

Do the contents of your pack...

- Help you make sure that you will be safe? Please explain.
- Help you Leave No Trace? How?
- Help you have a successful and fun day on the trip? Please explain.
- Properly prepare you for the weather conditions that you'll encounter? How?



Are You Ready?

ENVIRONMENT & CONDITION CARDS

Do the contents of your pack...

- Help you make sure that you will be safe? Please explain.
- Help you Leave No Trace? How?
- Help you have a successful and fun day on the trip? Please explain.
- Properly prepare you for the weather conditions that you'll encounter? How?



Are You Ready?

ENVIRONMENT & CONDITION CARDS

Do the contents of your pack...

- Help you make sure that you will be safe? Please explain.
- Help you Leave No Trace? How?
- Help you have a successful and fun day on the trip? Please explain.
- Properly prepare you for the weather conditions that you'll encounter? How?



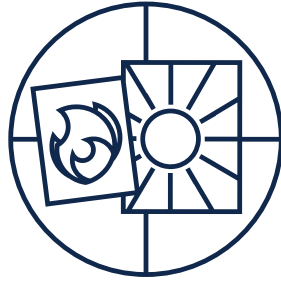
Are You Ready?

ENVIRONMENT & CONDITION CARDS

Do the contents of your pack...

- Help you make sure that you will be safe? Please explain.
- Help you Leave No Trace? How?
- Help you have a successful and fun day on the trip? Please explain.
- Properly prepare you for the weather conditions that you'll encounter? How?





Surface Hopscotch



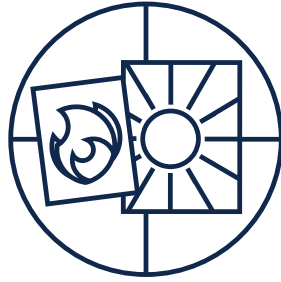


Surface
Hopscotch



SNOW
MONS





Surface Hopscotch





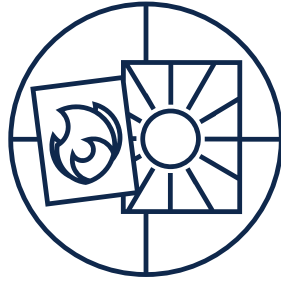
Surface
Hopscotch



LEAVE
NO TRACE

TRAIL





Surface Hopscotch



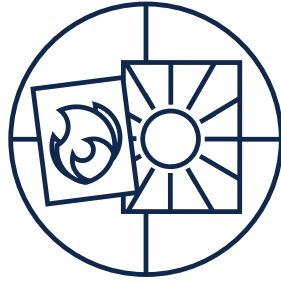


Surface Hopscotch



WATER





Surface Hopscotch



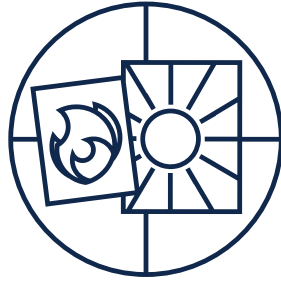


Surface
Hopscotch



LIVING BIOLOGICAL SOIL
CRUST (CRYPTOBIOTIC SOIL)





Surface Hopscotch



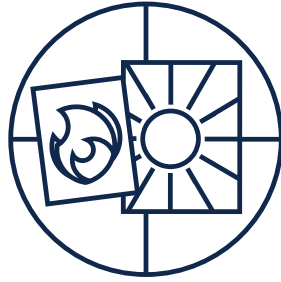


Surface
Hopscotch



WOODEN BOARDWALK





Surface Hopscotch



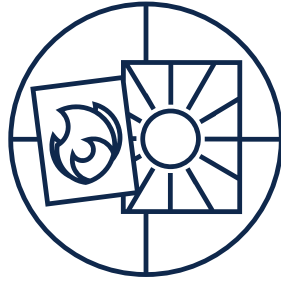


Surface
Hopscotch

LEAVE
NO TRACE

WET GRASS





Surface Hopscotch



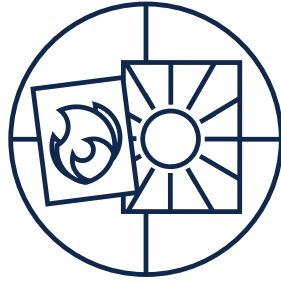


Surface Hopscotch

LEAVE
NO TRACE

SAND





Surface Hopscotch



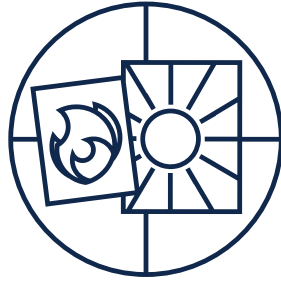


Surface
Hopscotch



ROCK





Surface Hopscotch



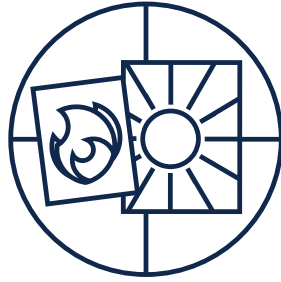


Surface Hopscotch



MUD





Surface Hopscotch



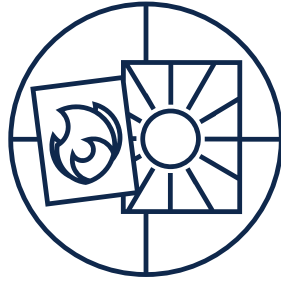


Surface Hopscotch

LEAVE
NO TRACE

MOSS





Surface Hopscotch



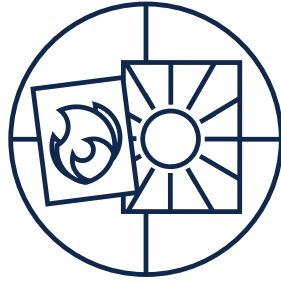


Surface
Hopscotch



LICHEN COVERED ROCKS





Surface Hopscotch



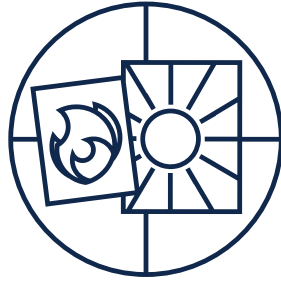


Surface Hopscotch

LEAVE
NO TRACE

ICE





Surface Hopscotch



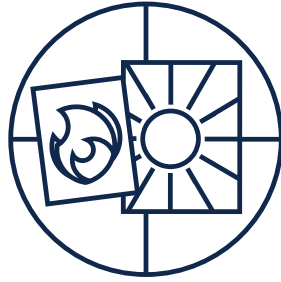


Surface Hopscotch

LEAVE
NO TRACE

FLOWERS





Surface Hopscotch





Trash Timeline



Trash Timeline



Trash Timeline



Trash Timeline



Trash Timeline



Trash Timeline





**orange or
banana peel**



cigarette butts



leather



wool socks



gum



**plastic-coated
paper**



Trash Timeline



Trash Timeline



Trash Timeline



Trash Timeline



Trash Timeline



Trash Timeline



Up to 2 years

1 to 5 years

1 to 5 years

1 to 5 years

5 years

5 years



Trash Timeline



Trash Timeline



Trash Timeline



Trash Timeline



Trash Timeline



Trash Timeline





nylon fabric



tin cans



aluminum can



**monofilament
fishing line**



glass bottles



plastic bottles



Trash Timeline



Trash Timeline



Trash Timeline



Trash Timeline



Trash Timeline



Trash Timeline



30 to 40 years

50 years

**80 to 100
years**

600 years

1,000,000 years

Indefinitely



Trash Timeline



Trash Timeline



Trash Timeline



Trash Timeline

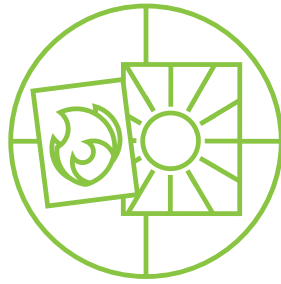


Trash Timeline



Trash Timeline





Leave No Trace Question Ball





Leave No Trace Question Ball



Question Ball

Use the suggested list of questions below to make your own Leave No Trace Question Ball. Get creative and create questions that are specific to your program, as well!

- How can we avoid transporting non-native species?
- What are examples of minimum impact campfires?
- What are two examples of durable surfaces?
- Who should yield when hikers and pack stock meet on the trail?
- What four federal land management agencies helped to make Leave No Trace the national wilderness ethics programs?
- What are potential sources of information before traveling in the backcountry?
- What is an alternative to toilet paper?
- Why is Planning Ahead and Preparing important?
- Why is it smart to repack food before hitting the trail?
- What is the ideal group size for hikers?
- What are three characteristics of wood that should be used when building a campfire?
- Are plants more fragile in WET or DRY conditions?
- What are some questions to consider before building a campfire?
- Is it okay to walk through puddles or mud in a desert environment?
- Is it okay to bury any leftover food waste?
- Why should you not disturb natural features?
- What is the proper way for a group to travel in pristine areas?
- What is the recommended distance to camp from trails and water?
- What is the difference between front country and backcountry?
- Which area of your campsite receives the most impact?
- What are the proper dimensions for a bear hang?
- Why is it best to not to build a fire on an island?
- Ask the person to your right any Leave No Trace question.
- Why is it important to dig your cat hole 6-8 in. deep?
- How should we dispose of toilet paper in the backcountry?
- During what sensitive times should we avoid wildlife?
- When biking, what should you do when you encounter a trail obstruction?
- Why is it important not to touch cave formations?
- Why is it best to urinate on rocks rather than vegetation?
- What types of soil should be used for a mound fire?
- What is the mission of Leave No Trace?
- What is one of the four objectives of proper waste disposal?
- What is the difference between attraction and habituation?
- What items should be stored away from wildlife?
- What happens when we feed wildlife?
- When scheduling your trip, what times should you avoid?
- What is one way we can be respectful of wildlife?
- Where is the best place to take a break while hiking?
- When recreating, how can unmanageable pets be dealt with?
- What should you do with your dirty dish water?
- What are some alternatives to campfires?
- How many principles does Leave No Trace have?
- Name one reason why it's important to clean hiking boots, bike tires, and boats.
- Give 3 examples of how you'd "Plan Ahead and Prepare" for your next outing.
- Name 2 ways you can be considerate of others while hiking.
- Name two of the 10 outdoor essentials.
- Name an alternative to taking home a natural item.
- How do you know a campfire is out?



Who Will
Survive?



Who Will
Survive?



Who Will
Survive?



Who Will
Survive?



Who Will
Survive?



Who Will
Survive?



Who Will
Survive?



Who Will
Survive?



Who Will
Survive?



Who Will
Survive?



Campers left their food sitting out and you have hot dogs for dinner.

You have become dependent on human food and visit the campground for dinner as usual.

You eat an apple core that hikers left behind.

Campers packed out all their garbage, so you must find your own dinner in the wild.

Campers put their food in a locker but forgot to lock it. You open it and find BBQ chips for dinner.

Human food? What's that? You've never been exposed to it and eat a natural dinner as always.

You look VERY cute today and get a nice camper to throw you some Cheez-Its.

Campers left food out for their dog, so you have puppy chow for dinner.

Campers tossed their food waste in the fire pit, so you eat half a toasted sandwich for dinner.

You visit a campsite to look for food but everything is securely stored and out of reach.



Who Will
Survive?



Who Will
Survive?



Who Will
Survive?



Who Will
Survive?



Who Will
Survive?



Who Will
Survive?



Who Will
Survive?



Who Will
Survive?



Who Will
Survive?



Who Will
Survive?



Hikers followed proper waste burial techniques and your water source is clean.

Campers left a buffer zone around the river and you are able to get a drink.

Boaters tossed empty wrappers and cans into the river you drink from.

Campers did their dishes in the river you drink from.

There is a campsite set up right on the edge of your favorite drinking source.

On your way to get a drink a hiker's dog chases you away.

Your favorite water source is full of bacteria from human and pet waste.

There are humans and a dog on a leash at your water source, but they keep their distance from you.

Humans have forced all the predators to the only watering hole and you are afraid to get a drink.

Campers have built a dam upstream and your water source is dry.



Who Will
Survive?



Who Will
Survive?



Who Will
Survive?



Who Will
Survive?



Who Will
Survive?



Who Will
Survive?



Who Will
Survive?



Who Will
Survive?



Who Will
Survive?



Who Will
Survive?



Hikers watched you from a distance and then kept on walking.

A camper thought you looked injured and decided to take you home to care for you.

Campers set up their tent too close to your home.

You were on your way home when hikers cornered you to take photos and wouldn't let you leave.

You go back home only to find it has been destroyed by humans gathering firewood.

A hiker's dog is running offleash and scares you away from your home.

A hiker came near your home, saw you, and backed away slowly as to not disturb you.

A human caused fire burned down your home.

You were napping in your home when hikers tossed rocks to wake you up so they could get a better look.

Campers near your home blast music all night.