



Kids: Leave No Trace



USFWS/Matthew Strausser

Wilderness areas are intended to be free and natural, but the Wilderness Act of 1964 also intended for wilderness areas to be available for public recreation, science and education.

There are 75 wilderness areas on 63 units of the National Wildlife Refuge System in 25 states.

Enjoy hiking, wildlife observation, paddling, cross-country skiing, horseback riding and camping in certain wilderness areas. Here are seven Leave No Trace big ideas:

1. Know Before You Go

- Know what is allowed
- Bring the right clothing for the weather.
- Bring a map or a compass – your GPS or smartphone may not have a signal in the wilderness.

2. Choose the Right Path

- Hike and camp so you don't damage flowers or plants.
- Don't wander off alone.
- Camp at least 100 big steps away from roads, trails or water.

3. Trash Your Trash

- Put litter in trash cans or carry it home.

4. Leave What You Find

- Take photos but leave plants and rocks items just as you find them.

5. Be Careful with Fire

- Use a camp stove or an existing fire ring for cooking.
- Burn loose sticks, not trash, in a fire ring.
- Make sure the fire is completely out before you leave.

6. Respect Wildlife

- Never approach, feed or follow animals.

7. Be Kind to Other Visitors

- Listen to nature – avoid making loud noises or yelling. You will see more animals if you are quiet.

Visit PEAK Online – Promoting Environmental Awareness in Kids – for a fun way to learn about Leave No Trace: lnt.org/teach/peak/peakonline.

Find wilderness areas at fws.gov/refuges/whm/wilderness.html.



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Leave whatever you find while hiking in the wilderness. Wichita Mountains National Wildlife Refuge, Oklahoma.

Do not feed or get close to wildlife. Moose calf at Kenai National Wildlife Refuge, Alaska.

