

Leave No Trace (LNT) – Principles to Live By

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Plan Ahead and Prepare

- Research where you are going and know if there are any special environmental concerns, regulations or permits. If kayaking within the boundaries of a federal or provincial park, check the relevant website for this information.
- Research campsites and number of tent sites.
- Obtain permission to camp on Indian Reserves (denoted IR on most charts), and private land. Do not camp at cultural sites of First Nations.
- Keep your group size small to minimize impact on an area.
- Plan your trip for off-season or weekdays where possible.
- Consider alternate transportation such as buses, car pooling, or walking onto ferries.
- Gear list to include sturdy garbage bag, sturdy compost bag, collapsible sink, hook and pulley system for food hauling, biodegradable soap and, small trowel.
- Stop early enough in the day to properly select a campsite.

Camp and Travel on Durable Surfaces

- Mitigate trampling and erosion by staying on designated trails.
- Avoid critical wildlife habitats, obvious animal trails, and fragile terrain.
- Do not cut trees or branches.
- Leave no sign of your visit. Leave sites in a more pristine state than the way you found them.
- When possible, it's better to camp at established sites where your stay will cause no additional damage. These sites may have visible tenting areas, an established fire pit, and occasionally an outhouse, but should be free of camp structures (makeshift lean-tos, tables, etc.) and garbage.
- If there is no established campsite:
 - i. Choose a non-vegetated area for your camp, such as sand or rock beaches.
 - ii. Situate your camp 50 meters from fresh water sources including lakes, rivers and creeks (many animals require frequent access to these areas).
 - iii. Avoid digging drainage trenches around tents - choose well drained or high ground instead.
 - iv. Avoid mosses (they take years to grow). Avoid berry patches (important food source for bears).
 - v. Avoid overuse of any one spot.

Dispose of Waste Properly

General

- If you packed it in, you must pack it out. Pack at least 1 strong garbage bag to carry out your garbage. Remember to segregate recyclables and compost. Teabags will help deodorize the garbage bag. If you find garbage left behind from previous visitors, please also pack it out.
- Keep your gear organized so that you do not accidentally leave anything behind.

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Human Waste

- Use outhouses wherever they are provided.
- Controversy exists regarding the best way to manage the disposal of human feces. Alternatives include:
 - i. Pack it out using a 'boom box' or a 'port-a-potty';
 - ii. Because seawater breaks down waste more quickly than topsoil, an alternative is to do one's business in the intertidal zone. This option is not optimal because feces can contaminate intertidal organisms and in high use areas becomes a health hazard. Do not consider this an option when anywhere close to an oyster farm, in an area where people commonly swim or, in an area of little water movement;
 - iii. Variations on disposal of waste in the ocean include use the 'frisbee' method (defecating on a flat rock then tossing it all into the ocean) or using a 'honey pot' (emptying a bucket of waste a reasonable distance from shore from your kayak).
 - iv. Bury human waste in a cat hole that is 4 to 8 inches deep and at least 200 feet from water, camp or trails. For longer stays and larger parties, dig a trench wider than deep, at least 12 inches deep. Cover after each use and fill and camouflage on departure.

The decision is based on an assessment of impact at each location. Objectives are to minimize water pollution, minimize the chance of waste being found and maximization of the rate of decomposition.

- Nature provides a number of good environmentally friendly toilet paper alternatives, for example, smooth rocks, clam shells or leaves. If you prefer to use toilet paper, pack it out. Do not bury it and do not dispose of it in the ocean.
- Sanitary pads/tampons must be packed out or burned in a fire.

Waste Water

- Waste water from cooking should be drained into the ocean taking care to avoid interference with intertidal life. Soaps and detergents are pollutants and should not be introduced to freshwater sources including estuaries.
- Wash your dishes at the ocean's edge, using soapless saltwater, and sand or gravel as a scouring pad.
- Wash yourself and your clothing in the ocean, using (only if necessary) small amounts of biodegradable soap.
- Minor hand and face washing without soap can be done in a stream or lake.
- Brush your teeth at the ocean's edge.

Food Waste

- Pack out everything you pack in by sorting cans, glass, plastic and compost for recycling at home.
- Reduce the amount of potential garbage; plan meal quantities carefully, package food in reusable containers and use leftovers for snacks or lunches.
- Food wastes must be packed out, or completely burned.

Leave What You Find

- Do not disturb archeological or historic sites.

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- Avoid altering existing campsites. If you need to move logs or rocks to improve a sleeping area, move everything back to its natural state prior to leaving.

Minimize Campfire Impacts

- Portable stoves should always be used for preparing meals.
- Campfires can permanently scar an area. If you must have a fire, always use established fire pits where they exist. Where no established fire pit exists choose a site on sand or gravel (not mineral soil or rock) well below the monthly high tide line and away from vegetation, drift logs and rocks. Do not construct a ring of rocks around your fire as it will permanently scar the rocks.
- Know the local fire regulations. Is there a ban on fires?
- Fires should only be lit in suitable areas where there is sufficient fuel. Burn only driftwood no larger than the diameter of your fist - avoid picking an area clean.
- Allow the fire to burn down to ash, cold to the touch (no half burnt pieces remaining) and crush any charcoal.
- Remove all traces of ash and charcoal by scattering in the ocean or packing it with you to your next site. Do not bury remains.

Respect Wildlife

- Select launching/landing sites carefully to avoid trampling intertidal life.
- Travelling quietly will allow you to become part of the natural world.
- Avoid bird and mammal breeding habitats.
- Use binoculars and telephoto lenses to observe and photograph wildlife.
- Resist the temptation to feed animals, no matter how bold or curious they may be - handouts may alter feeding habits.
- Tread carefully while exploring the intertidal zone - return all rocks, shells and creatures to their original location.
- Take care not to drop food scraps around camp that will attract animals. Harmless items like an apple core can disrupt their natural diet.
- Protect wildlife and your food by storing food and trash securely. Hang your food in bear country at least 30 metres from tent site.

Be Considerate of Other Visitors

- Minimize noise and let nature's sounds prevail.
- Always show respect for fellow kayakers, sharing campsites will be necessary from time to time.