BE CONSIDERATE OF OTHERS

“Hike your own hike,” but remember that inconsiderate behavior detracts from the experience of others.

- Respect nature’s quiet and others’ wilderness experience by keeping loud voices and noise to a minimum.
- Refrain from using cell phones or audio equipment around others.
- Share scenic vistas and shelters. Be welcoming and limit how long you stay.
- Ask before bringing a dog into the shelter. Bury your dog’s waste as your own, or pack it out.
- Step off on a durable surface when resting or allowing others to pass.

TRAVEL AND CAMP ON DURABLE SURFACES

A careless step can start a trend of impact.

- Concentrate activities on durable surfaces like rock, bare soil and grass.
- Follow special camping and campfire regulations where they exist.
- Use existing campsites that are out of sight of the Trail and at least 200 feet (80 steps) from water.
- Stay on the Trail: shortcutting and switchbacks cause harmful erosion.
- Remove fallen branches from the Trail rather than going around and creating a new path.
PLAN AHEAD AND PREPARE  
Failure to prepare in advance may put you, others, and the environment at risk.  

- Regulations about camping, fires and group size vary along the A.T. Know the regulations and key information for the areas you plan to visit.  
- Bring the clothes and gear you’ll need for protection from heat, sun, cold, wind and rain.  
- Bring maps, a reliable guidebook, and a stove and be sure you know how to use them.  
- Carry a litter bag and use it. Bring a lightweight trowel for burying human waste.  
- Carry a tent or tarp; don’t rely entirely on shelters.

DISPOSE OF WASTE PROPERLY  
Improper waste disposal can spread disease, attract wildlife and spoil the experience for others visitors.

- Carry out all trash and food scraps to avoid attracting wildlife.  
- Disperse grey water (toothpaste, strained dishwater and bath water) at least 100 feet (40 steps) from campsites and shelter and 200 feet from water sources. Same goes for urine.  
- Use a privy only for human waste and toilet paper. Pack out disposable wipes and hygiene products.  

RESPECT WILDLIFE  
Take steps to minimize your influence on wildlife behavior.

- Avoid feeding wildlife intentionally or unintentionally to prevent attraction and habituation.  
- Store food, garbage and scented items out of reach of animals using approved food storage devices like a bear canister.

MINIMIZE CAMPFIRE IMPACTS  
Campfires reduce wood that replenishes soils and provides habitat for wildlife. Burning trash releases toxic chemicals.

- Use stoves for cooking and leave the hatchets and saws at home.  
- Use existing fire rings to build a small fire only where it is legal and safe.  
- Collect small amounts of dead and downed wood that is no bigger than your wrist.  
- Burn all wood to ash and be sure that the fire is out and cool to the touch before leaving the site.  
- Don’t burn trash. Pack it out!

- In the absence of a privy, bury fecal waste (humans and pets) in a 6-8 inch hole at least 200 feet from campsites, shelters, water sources and the Trail.  
- Bury toilet paper with your waste or, preferably, pack it out.  
- Leave any donated items or unwanted gear at designated hiker boxes in town, rather than at campsites or shelters.

- Leash and control your pets at all times or leave them at home.  
- Observe wildlife and farm animals from a distance.