

→ Why It Matters

Millions of people visit the Appalachian Trail (A.T.) each year. Each person's actions add up! You can be a steward of the Trail by practicing the **7 principles of Leave No Trace**:

1. Plan Ahead & Prepare

2. Travel & Camp On Durable Surfaces

3. Dispose of Waste Properly

4. Leave What You Find

5. Minimize Campfire Impacts

6. Respect Wildlife

7. Be Considerate of Others

Register Today

Register your camping plans on ATCamp.org to reduce crowding and get trip planning resources!



How can I learn about camping regulations on the A.T.?

Contact us: appalachiantrail.org/campingregs
(304) 535-6331 or info@appalachiantrail.org

6 Respect Wildlife

Protect the animals that call the A.T. home.

- Properly store all food, trash, and scented items in a hard sided bear canister.
- If you can't cover an animal with your thumb when you look at it, you're too close!
- Keep dogs leashed.

7 Be Considerate of Others

Shelters are first come, first served and shared spaces. Make room for others and limit your stay to two nights.

- Smoke/vape away from shelters, vistas, and other hikers.
- Wash your hands with soap and water and stay away from others if you're sick.
- Use headphones and take phone calls away from others.
- Plan to tent if camping with your dog.

→ Learn More

Scan the QR code or visit appalachiantrail.org for:

- The latest Trail conditions
- Camping regulations and permits
- Trip planning help
- Volunteer opportunities
- Maps and guidebooks
- And more!



**Appalachian Trail
Conservancy**



**LEAVE
NO TRACE**
Proud Partner

Leave No Trace on the Appalachian Trail

Hiker & Visitor Guidelines



**Appalachian Trail
Conservancy**

7 Principles of Leave No Trace

1 Plan Ahead & Prepare



Check the weather before you hit the Trail. Bring the clothing and gear you'll need for the conditions you'll encounter. Properly preparing for the conditions and regulations you will encounter helps protect the Trail.

- Consult an updated guidebook or appalachiantrail.org for information and regulations.
- Carry a tent, tarp, or hammock in case shelters are full.
- Visit popular spots midweek or in the off season to avoid crowds.
- Bring a map and compass and know how to use them.
- Limit group size to 10 people for overnights, 25 for day hikes.

2 Travel & Camp on Durable Surfaces

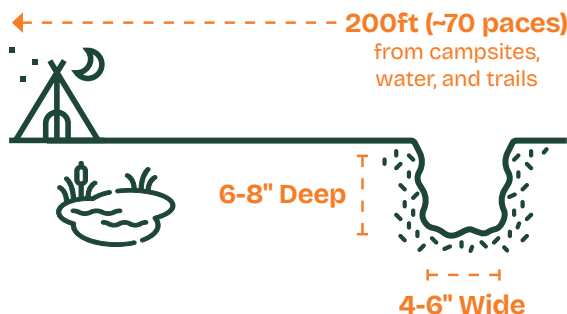
Durable surfaces include bare dirt, rocks, low elevation grassy fields, snow, and tent pads.

- Camp at designated sites instead of making your own campsite.
- Stay on established trails when hiking and moving around camp.
- Avoid gathering as a group on vegetation, shorelines, and edges of streams, bogs or wet areas, and in alpine zones.



3 Dispose of Waste Properly

- Pack out all trash, food waste or scraps, and dog waste. Do not burn trash.
- Poop goes in the privy (outhouse).
- If no privy is available, bury poop (and toilet paper) in a 6-8" deep cathole 70 big steps from water, campsites, and trails.
- Pack out all wipes, tampons, pads, and other trash (even if biodegradable).
- Brush teeth, wash dishes, and yourself 40 big steps from water.
- Bring a bathroom kit including toilet paper, a trowel, and soap to wash your hands.



4 Leave What You Find

Help keep the Trail beautiful and protect A.T. ecosystems.

- Leave cultural artifacts, plants, and other natural objects.
- Don't carve into or graffiti trees, rocks, signs, or shelters.
- Don't stack rocks, dig trenches, or build structures.

5 Minimize Campfire Impacts

Campfires can permanently scar soil and accidentally start wildfires.



- Use stoves for cooking and headlamps or lanterns for ambiance instead of having a campfire.
- Know where campfires are allowed on the A.T. Don't have a campfire when it's windy.
- If you have a campfire, keep it small and use only dead, downed wood no thicker than your wrist.
- Burn campfires to ash. Make sure they are out and cold before leaving or going to sleep.