



Leave No Trace:

Before completing this charm, girls should have completed the Be Wild, Be Free patch.

These are progressive skills. Each level should be understood and mastered before the next level is achieved. It is okay to review the Daisy program with older girls, to be sure they know and understand the materials.

Resources for learning Leave no trace:

<https://lnt.org/teach/concepts-and-plans-teaching-leave-no-trace>

<https://www.rei.com/learn/expert-advice/ten-essentials.html>

<https://lnt.org/teach/peak/peakonline> (for teens)

The Leave no trace principles

1. Plan ahead and Prepare
2. Travel and 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 other visitors

Daisy:

- Find out how litter can damage our environment. What can be done about it?
- What does it mean to have good manners when out-of-doors?
- How can you minimize your impact on the natural world? What does it mean to “leave what you find”?
- Learn how to walk safely on the city streets, country roads, or trails. What are the rules that keep us safe? This includes how to be safe in traffic and on streets where there are no sidewalks. How do we stay safe on trails? What is the buddy system and why do we use it?
- With your troop, take a walk and practice what you’ve learned.

Brownie:

- Understand all of the skills from the daisy section.
- Learn how to plan and prepare. How do you dress to be prepared on a hike?
- Pack up for a day hike. Where are you going? What is the terrain like? What is the weather like? Make sure you have all the items you need and none of what you don't.
- What is "wildlife?" What are ways that we can show respect for wildlife?

Junior:

- Be sure you have covered all the activities from the daisy and brownie sections.
- Learn what the 3-tub dishwashing method is. Practice it at your next troop meeting. (scrape before washing, broadcast method for water disposal)
- Take a hike with your troop. Each girl should have a day pack complete with the ten essentials. What is the concept of pack it in, pack it out and why is it an important principle? Practice this on your hike.
- Review how to be safe with fire. What do you need to know, before you go? What is important to remember about fires and nature?

Cadette:

- Study all the activities from the previous sections.
- Go on an overnight camping trip with your troop. Include a hike on your camping trip. You should be able to practice all 7 principles of leave no trace.
 - Plan ahead and prepare: plan out your camping trip. Where will you go? What do you need?
 - Travel and camp on durable surfaces: be sure you're camping in an established campsite and hiking on proper trails
 - Dispose of waste properly: minimize the trash you create and remember to pack it all out. Be sure to use established privies, port-a-potties, or restrooms.
 - Leave what you find: enjoy nature while you're in it, but don't take it home with you. Take pictures.
 - Minimize campfire impacts: be mindful of the fires you build. Be sure they are allowed and in established campfire areas. Follow all safety rules when using fire.
 - Respect wildlife: watch nature from a distance, try not to disturb the animals you see on the trail. Be safe with your food to avoid any unwanted animal friends.
 - Be considerate of other visitors: remember, you are not the only one on the trail or the only group using the campsite. Be mindful of your noise and your mess.

Senior/ Ambassador:

- Review all previous levels. Be sure you are an expert in leave no trace.
- Learn how leave no trace applies when you are far from civilization. How is camping and hiking in the backcountry different from camping and hiking in the front country? How do you deal with trash, bodily waste, wildlife, fires, water?
- Put your skills to the test. Plan a camping trip in the backcountry. Create as little waste as possible. How can you reduce your trash?
- Help some younger sister girl scouts learn and practice leave no trace.