

Mt. Price  
9,975'

Susie  
Lake

# Leave No Trace Principle 1 Plan Ahead and Prepare

Name: \_\_\_\_\_

*Your journey to becoming an environmental steward starts here! Follow the Tahoe Rim Trail through the 7 Leave No Trace (LNT) Principles to develop outdoor ethics and earn your Leave No Trace Awareness certificate! Now gear up to learn LNT Principle 1 - Plan Ahead and Prepare.*



Before you step foot outdoors, it's important to make a plan and prepare the necessary or 'essential' items that you will need during your outdoor activity or trip. When planning and preparing for a trip or outing, here are some questions to think about...

What activities will you be doing?

What ways can you make sure you are safe?

**THINK:** Can you think of a question to ask yourself when planning ahead and preparing? Write your own question in the thought bubble below!

What is the weather where you are going?

What are the rules or regulations for where you are going?



## Know Before You Go!

What are some ways to plan ahead and prepare for outdoor activities?

Weather forecast and wearing or packing the right clothes for the weather which can be a hat, gloves, swimsuit, or rain jacket.

**HINT:** Click the picture to the right to see the local weather forecast from the National Oceanic and Atmospheric Administration.



Local rules and regulations such as backpacking permits and fire permits. If you buy a fire permit, know the fire restrictions of the area and how to minimize campfire impacts.

**HINT:** Click the picture to the right to see the permitting rules for the Tahoe Rim Trail and the Tahoe Basin.



Safety gear for your activity which might include a first aid kit, sunscreen, a GPS device or map and compass, helmet, life jacket, and leaving your route behind for someone you trust in case things don't go as planned.

**HINT:** Click the picture to the right to see outdoor safety tips suggested by the United States Forest Service.



**THINK:** Planning ahead and preparing is something we do in our daily lives too! Write an example of one way YOU plan ahead and prepare at home.

**HINT:** How do you prepare for homework, chores, music lessons, sports, or club activities?

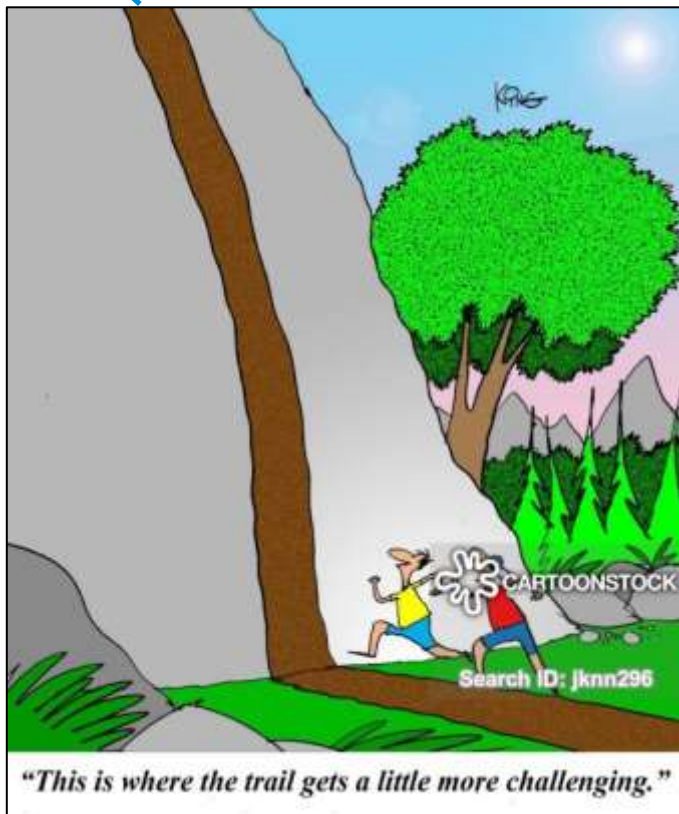
A series of horizontal lines for writing, consisting of solid blue lines, dashed blue lines, and solid red lines, typical of a primary school writing template.

## Get Ready, Get Set, Go!

Now let's practice one way to plan ahead and prepare.

When planning any outdoor activity, it is important to bring the necessary items that you will need to be safe and prepared. Below you can find the '10 Essentials' recommended by the National Park Service to bring when doing outdoor activities in the backcountry:

1. Navigation (GPS, map, or compass)
2. Sun protection (sunglasses, sunscreen, or hat)
3. Insulation (clothing such as outerwear or under-layers)
4. Illumination (headlamp, flashlight, or lantern)
5. First aid kit
6. Fire-starter (matches or lighter)
7. Repair kit (duct tape, multi-tool, etc.)
8. Food
9. Water
10. Emergency shelter (tent, space blanket, or tarp)



Here's the game - You are planning a camping trip and need to gather the 10 essential items as part of your packing list. You are on a scavenger hunt to find as many of the 10 essential items as you can in your home. The catch is... you only have 2 minutes to find them! Have someone at your house start a timer and **GO!**

## 2 Minutes Later...



Now snap a photo of your pile of essentials and let's reflect.

1. How many items on your 10 essentials list were you able to collect in 2 minutes? Which ones?
2. If you didn't find all 10 items, that's alright, in fact, it's expected! **HINT:** 2 minutes is not a lot of time to prepare! Now find the rest of the essential items that you have at your house. How long did it take you to collect the rest of the essential items?
3. If you don't have all the essential items at your house now, that's alright. Why do you think it's important to bring these items when going into the backcountry?



4. What other items, besides the 10 essentials, would you pack when preparing to go camping?
5. Why do you think it's important to plan ahead and prepare?

**HINT:** Being prepared means making a plan and bringing what you **NEED** to be safe and enjoy whatever you are doing. This doesn't mean bringing more than you need! Don't be that guy →



*"I think you might've over-packed. We'll only be gone for an hour."*

You did it! After filling out this worksheet, you are **prepared** and ready to trek on to the next Leave No Trace principle! Keep an eye out on our [webpage](#) for the next worksheet.

Take one step closer to earning your Leave No Trace Awareness certificate by sending this worksheet and a picture of the essential items you were able to collect to [juliak@tahoerimtrail.org](mailto:juliak@tahoerimtrail.org). Further your impact by supporting the TRTA's mission to [inspire stewardship](#).