



Ireland

**Leave
No
Trace**

THE 7 PRINCIPLES OF LEAVE NO TRACE POCKET GUIDE

Inspiring ethical outdoor recreation

THE OUTDOORS IS YOURS – PROTECT IT

WHAT WE DO

Leave No Trace Ireland provides research, education and outreach so every person who ventures outside can protect and enjoy the outdoors responsibly.

We offer a range of educational opportunities through workshops, certified training courses, events and schools programmes all based upon the 7 Principles.

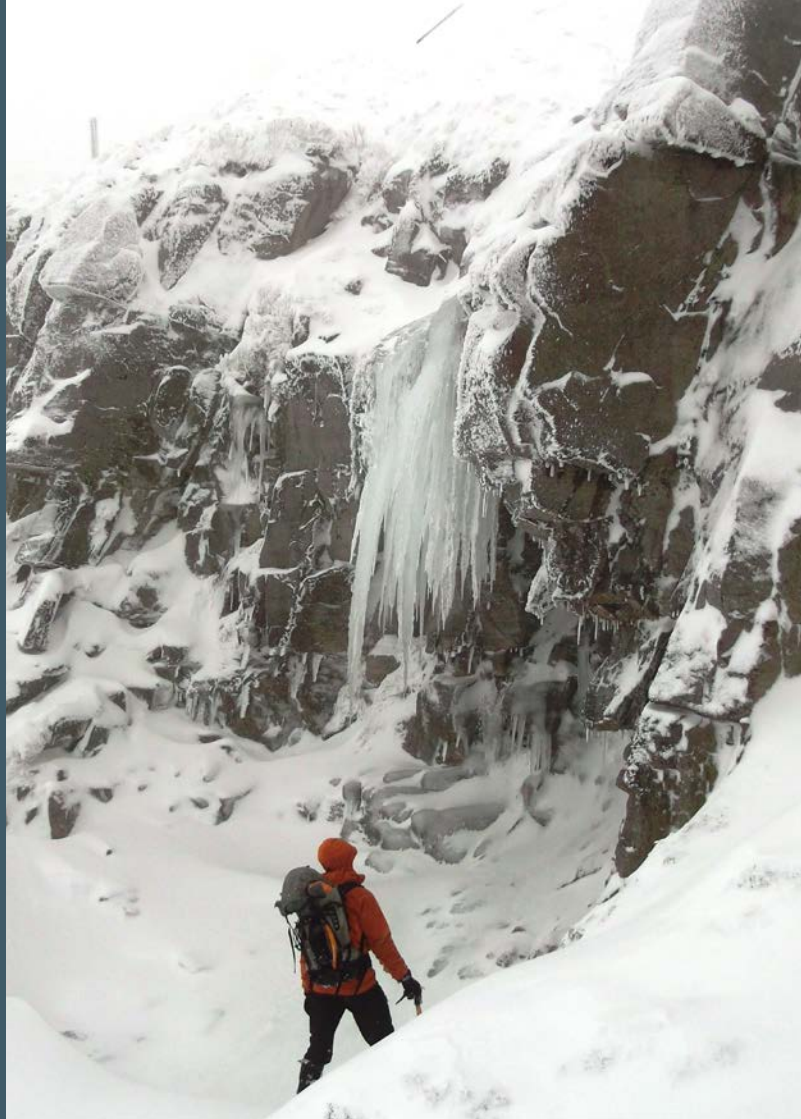
Let's protect and enjoy our natural world together.





1 PLAN AHEAD AND PREPARE

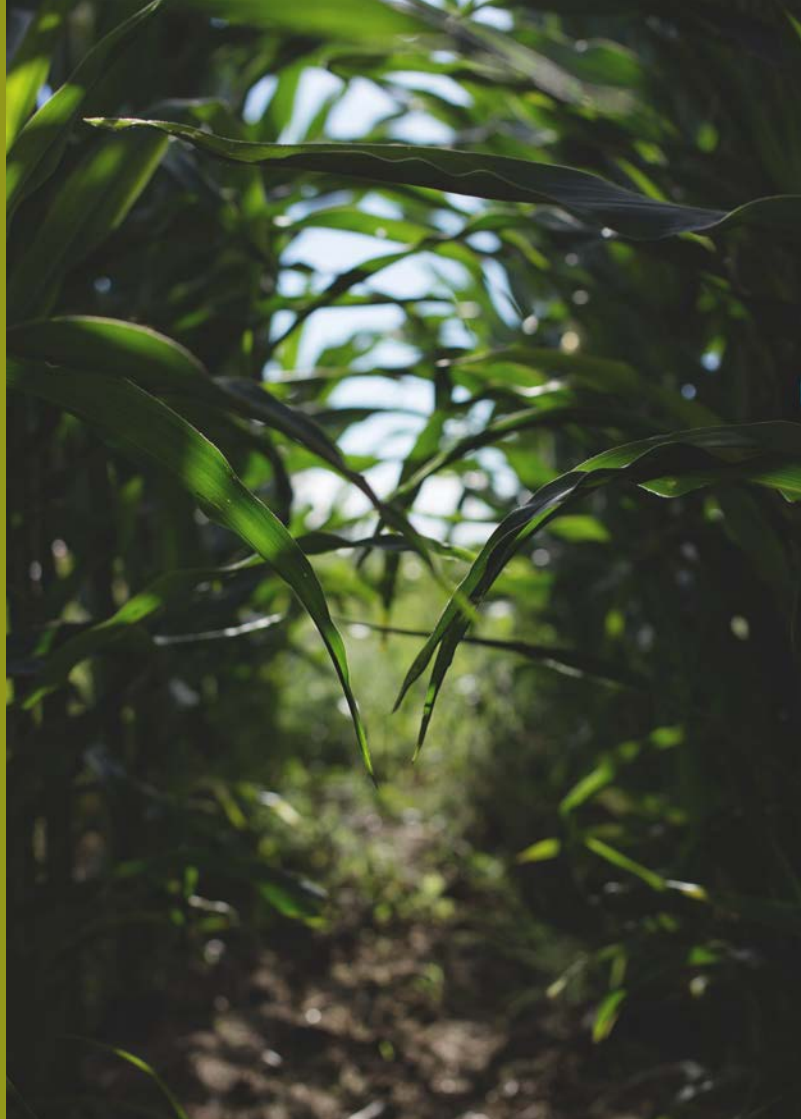
- Before you go check, where possible, if access is allowed and your activity is permitted in the area you wish to visit. Permits may sometimes be needed.
- Check the weather forecast and always be prepared for changing conditions.
- Schedule your trip to avoid times of high use.
- Where possible travel by public transport or share cars; consider the availability of parking – avoid blocking gateways, forest entrances or narrow roads.
- For environmental and safety reasons, keep group numbers small, split larger parties into smaller groups.





2 BE CONSIDERATE OF OTHERS

- Respect those who live and work in the countryside.
- Respect any signs, regulations, policies and special concerns for the areas you visit.
- Take care not to damage property, especially walls, fences and crops.
- Respect other visitors and protect the quality of their experience.
- Let nature's sound prevail. Keep noise to a minimum.





3 RESPECT FARM ANIMALS AND WILDLIFE

- Dogs should be kept under close control.
- Observe wild animals and birds from a distance. Avoid disturbing them, particularly at sensitive times: mating, nesting and raising young.
- Never feed farm animals or wildlife – our foods damage their health and leave them vulnerable to predators.



DID YOU KNOW?

Ireland is home to 28 species of land mammal, over 400 species of birds, more than 4,000 plant species and over 12,000 species of insect.



4 TRAVEL AND CAMP ON DURABLE GROUND

- In popular areas, concentrate use on existing tracks and campsites and travel in single file in the middle of the track.
- In more remote areas spread groups to prevent the creation of new tracks and campsites and avoid places where impacts are beginning to show.
- Camp at least 30m from lakes and streams, keep campsites small and discreet and aim to leave your campsite as you found it, or better.

DID YOU KNOW?

There are an estimated 2 million disposable coffee cups a day going into landfill in Ireland.





5 LEAVE WHAT YOU FIND

- Respect property – leave gates as you find them (open or closed).
- Archaeological structures, old walls and heritage artifacts should not be disturbed.
- Leave rocks, plants and other natural objects as you find them.
- Avoid introducing non-native plants and animals.





6 DISPOSE OF WASTE PROPERLY

- “If you bring it in, take it out” – take home all litter, leftover food, toilet paper and hygiene products.
- To dispose of solid human waste, dig a hole 15-20cms deep and at least 30m from water, campsites and tracks. Cover and disguise the hole when finished.
- Wash yourself or your dishes 30m away from streams or lakes and if necessary use small amounts of biodegradable soap. Bring home any solids and scatter strained dishwater.

DID YOU KNOW?

It takes up to 2 years for a banana peel to break down.
It takes 250 years for a coffee cup with a lid to break down.





7 MINIMISE THE EFFECTS OF FIRE

- Fire can cause lasting impacts and be devastating to forests, natural habitats and farmland. Permits are required for fires on state lands.
- Where fires are permitted: use established fire rings, barbecues or create a mound fire.
- Keep fires small. Only use sticks from the ground that can be broken by hand. Do not use growing vegetation for use as firewood.
- Avoid burning plastics or other substances, which emit toxic fumes.
- Burn all fires to ash, put out fires completely, and then scatter cool ashes.

DID YOU KNOW?

Ireland's National Biodiversity Data Centre has stated that a fifth of assessed species are threatened with extinction in Ireland.

These include many of our most charismatic species like the curlew, Atlantic salmon, great yellow bumblebee and freshwater pearl mussel.





www.leavenotraceireland.org



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GET IN TOUCH!



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