

At a remote island beach or an urban boat launch, there's a way you can do things to make a cleaner, more pleasant future. Use Leave No Trace skills camping, boating, or recreating. Consider ways you can apply Leave No Trace Principles in your daily life.



Material adapted with permission from
Leave No Trace Sea Kayaking:
Outdoor Skills and Ethics
Visit www.LNT.org or call 800.332.4100

Leave No Trace Principles

Plan Ahead And Prepare

Travel & Camp On Durable Surfaces

Dispose Of Waste Properly

Leave What You Find

Minimize Campfire Impacts

Respect Wildlife

Be Considerate Of Other Visitors



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To learn more about Leave No Trace and
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Reduce Your Paddle Print



Connecticut Water Trails Association's
guide to responsible outdoor recreation
on Connecticut's water trails

Participation in paddle sports is growing. To help protect limited public shores, practice the seven Leave No Trace Principles.



1 Plan Ahead & Prepare

Educate Yourself: Prepared boaters are well informed about conditions, facilities, regulations, and hazards to expect on a trip - lack of planning often results in poor decision-making on the water.

Schedule Your Trip In Advance: Obtain permits, make reservations, check tide & current tables, study nautical charts, and leave a float plan. Consider group size and skills when choosing a destination.

Plan Your Meals: Repackage food to minimize waste. Prepare realistic portions to prevent wasteful leftovers.

Use Proper Gear: Check gear before you leave home. Bring appropriate communication and signaling devices, repair kits, first aid and emergency supplies.

2 Travel & Camp On Durable Surfaces

Recognize Durable Surfaces: Think about where you walk, camp, and store your boat – you can avoid trampling vegetation and contributing to shoreline erosion. Concentrate use in established campsites and trails or on durable surfaces such as rocks, sand, and gravel.

Protect Fresh Water: Camp at least 200 feet (70 adult paces) from fresh water.

Disperse Use In Pristine Areas: Areas without established trails or campsites should stay that way - tread lightly.

3 Dispose Of Waste Properly

Pack It In, Pack It Out :A thorough sweep of your campsite or rest stop will reveal accidental “micro-trash” and prevent you from leaving gear behind.

Practice Good Sanitation: Water-wise paddlers will have a back-up plan for times when toilet facilities are unavailable. In sensitive shoreline environments, burying waste is not the best option. How will you pack out your waste, toilet paper and hygiene products?

Dish Water: A mesh or collapsible strainer is a good addition to your kitchen kit. Strained dish waters below the high tide line or, in fresh water environments, at least 200 feet away from water.

4 Leave What You Find

Preserve The Past: People have been using Washington shores for many thousands of years. Please respect the past - do not disturb or remove cultural artifacts or historic structures.

Leave Natural Features Undisturbed: If you appreciate the beauty of a rock or flower, so may the people who arrive after you. Let photos, journal entries, and drawings be your souvenirs.

Avoid Spreading Invasive Species: Washing your boat and gear with soap and water after each outing helps prevent the spread of invasive species and prolongs the life of your equipment.

5 Minimize Fire Impact

Use A Stove and Lantern: Camp stoves are more efficient than fires for cooking, without the environmental impact. A lantern provides light rain or shine. Try keeping things simple and be fire-free!

Know The Law: Land managers often prohibit fires or restrict them to designated fire rings. Check for burn bans

Build Minimum Impact Fires: If you do build a fire, pack in your own firewood or, if permitted, collect only dead and downed wood. Driftwood provides habitat and protects the shore - please do not collect.

6 Respect Wildlife

Avoid Disturbing Wildlife: Certain times of year are especially crucial to the survival of birds, marine mammals, and other wildlife. Learn about species who share the shores and waters with you and you will be less likely to disturb them. Keep pets under control or leave them at home.

Observe From A Distance: A pair of binoculars allows you to appreciate and avoid startling wildlife. Stay at least 200 yards from marine mammals in the water and hauled out on shore.

Store Food And Trash Securely: Keep garbage, food, fuel, and scented toiletries secure from wildlife at all times. Hang items at least 12 feet above the ground and 6 feet from tree trunks or use a bear canister.

7 Be Considerate Of Others

Respect Other Visitors: A tidy and concentrated campsite leaves room for others who arrive later.

Let Nature's Sights And Sounds Prevail: Leave bright lights and noisy electronic gadgets at home.

