

# Leave No Trace Relay

**Group Size:** Any

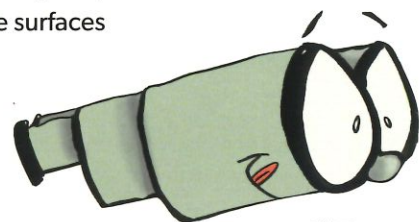
**Age Group:** Ages 6 to 12

**Time:** 20 to 40 minutes

**Objective:** To demonstrate how to practice all the Leave No Trace principles on an outdoor trip.

**Materials:** Better if done outdoors with a lot of open space. Suggested props could include:

- Backpack
- Outdoor gear (water bottle, extra clothes, flashlight, sunscreen, etc.)
- Cards with different words/pictures of durable/non-durable surfaces
- Various pieces of trash
- Binoculars
- Flagging
- Stuffed Animals
- Natural Objects (sticks, rocks, etc.)
- Paper & writing utensils



“Zooms”

## Introduction (5 minutes)

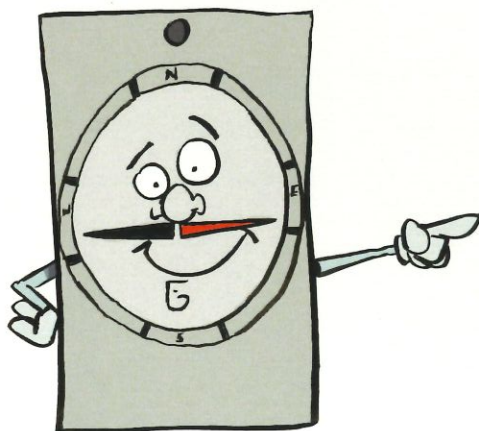
Introduce yourself and welcome your participants. Ask how many participants have been hiking, camping, fishing, rafting or climbing? Ask if they have any favorite places to visit and why? Ask who has heard of Leave No Trace outdoor ethics? Explain that Leave No Trace is information and skills that help us protect and reduce our impacts on the natural places that we visit (e.g. parks, trails and campgrounds).

## The Activity (20 to 30 minutes)

This activity requires a lot of setup and gathering of materials, so plan ahead to set aside enough time, or consider having a co-instructor setup the course while the other is doing the group introduction. This activity works best if participants have already learned about all Seven Principles. The idea is for teams to complete an obstacle course with various stations where they are demonstrating the Leave No Trace Principles. If there are two or more teams, you'll need double the amount of props. Participants from each team travel through the course in pairs.

### EXAMPLES OF EACH STATION:

Note: These are suggestions but can be easily adapted for your group. It's best if the relay course is demonstrated for the group or if there are directions at each station for older audiences. You may start each team at different stations to eliminate the wait time.



“Pointer”

#### PLAN AHEAD AND PREPARE

Place various items of outdoor gear on the ground, including a backpack. One teammate has to carry a backpack while the other has to put on a piece of outdoor gear. Note: Have both participants put on a piece of gear if there are not enough backpacks.

#### CHOOSE THE RIGHT PATH

Have various squares with pictures/words of durable and non-durable surfaces (e.g. trail and wildflowers). Participants have to choose which surface is the best to walk. Note: It's important that the word “durable” (or an alternative word) is explained beforehand.

#### TRASH YOUR TRASH

Have hikers pick up three pieces of "trash" to put in their backpack to throw away in a trash can.

#### BE CAREFUL WITH FIRE

Create a miniature fire ring with rocks or sticks. Have kids dump water on the fire to put it out.

#### LEAVE WHAT YOU FIND

Have hikers take a photo of a cultural or historic artifact.

#### RESPECT WILDLIFE

Participants have to use a pair of binoculars to view (stuffed) animals placed in the distance.

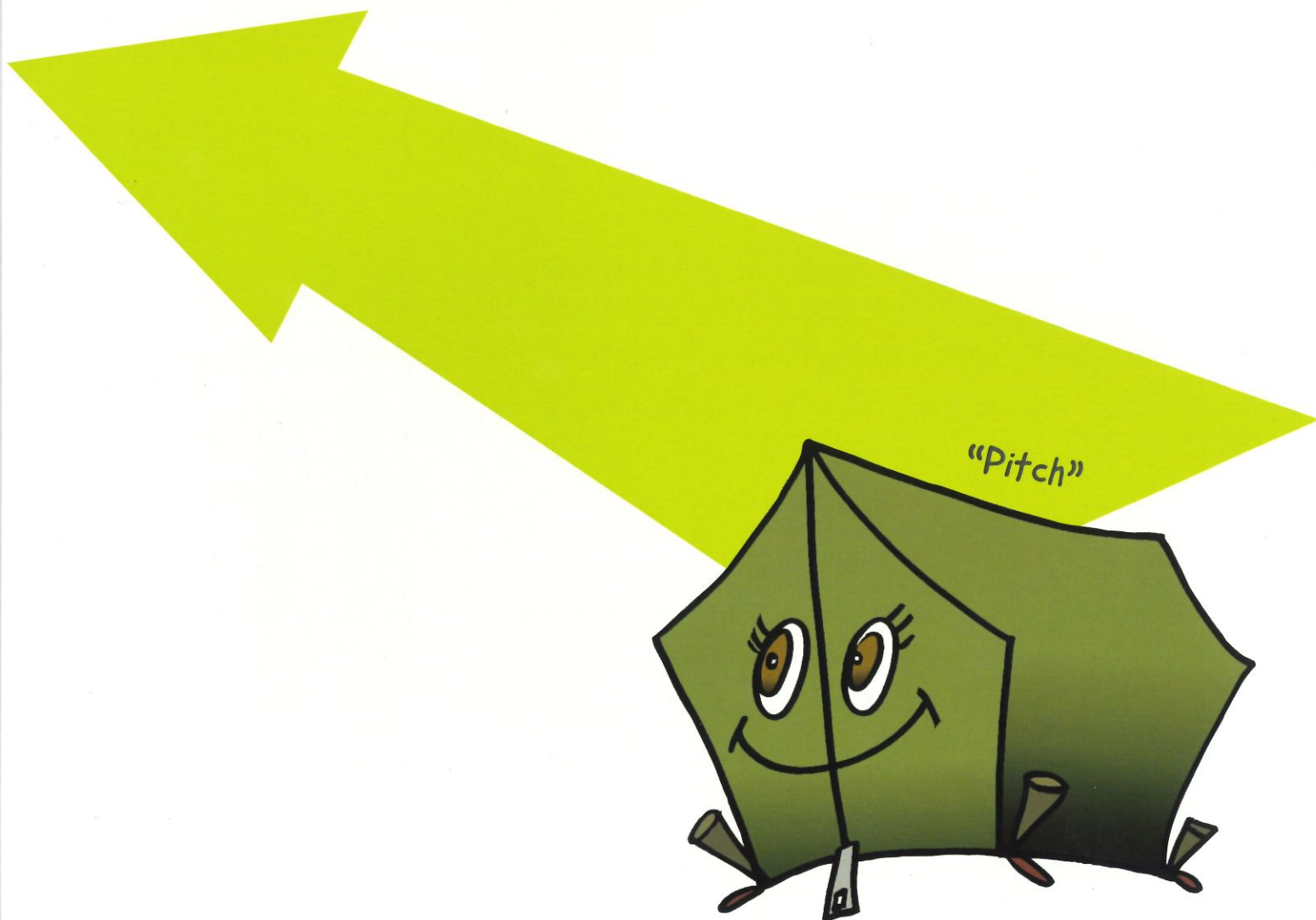
#### BE CONSIDERATE OF OTHER VISITORS

Hikers have to step aside and take a break "off the trail" until the next team of hikers arrives. Note: If teams are going through course one at a time, have the kids sing a song quietly or count to 20 at this station before they can move on.

After participants complete all the stations, they must return to the first station, unpack their gear and allow the next team in their group to go through the course.

### **Wrap Up (5 minutes)**

Explain how the Leave No Trace Principles teach people to care for the environment while enjoying outdoor activities. Recreation can sometimes cause impacts (damage) to the land, but by following these Principles, we can enjoy our favorite places every time we visit. By simulating a hike, they were able to demonstrate how to put the different Leave No Trace Principles into action. Ask for any last questions. Thank them for their time and attention, and tell them you hope to see them again!



**Stick to**

**Trails and Designated**

**Campsites**

**Leave No Trace**

**Trailhead**

**Welcome!**

Remember to plan ahead and  
prepare with the right equipment.

**200 ft.**

**from water/trail**

**Please,**

**throw all trash in  
in the trash can**

**Small**

**Campfires**

**Allowed**

Remember: Down, Dead and Dinky firewood

**Cultural/**

**Historical**

**Site**

Please take only photographs

**Sensitive Area:**  
Wildlife  
**Habitat**

Please keep a safe distance

**Please Share**  
the path with  
**Visitors**



**Please Yield**

**to Other**

**Visitors**

