

Leave No Trace/Minimum-Impact Camping

The Leave No Trace educational program promotes skills and ethics to support the sustainable use of wildlands and natural areas. The concept originated in the United States as a way to help backcountry visitors minimize their impacts while enjoying the outdoors. In 1991, the U.S. Forest Service teamed with the National Outdoor Leadership School (NOLS) and the Bureau of Land Management (BLM) as partners in the Leave No Trace educational program. NOLS, a recognized leader in minimum-impact camping practices, became involved as the first provider of Leave No Trace materials and training.

Today, the non-profit Leave No Trace Center for Outdoor Ethics manages the national program. Leave No Trace unites the four federal land management agencies, -the U.S. Forest Service, National Park Service, Bureau of Land Management, and the U.S. Fish and Wildlife Service -with manufacturers, outdoor retailers, user groups, educators, and individuals who share a commitment to maintain and protect our wildlands and natural areas for future enjoyment.

People enjoy the outdoors in myriad ways. We explore by foot, snowshoes, skis, canoe, kayak, horseback, mountain bikes, and crampons. ...and everyday there are more and more of us pushing our sports to greater extremes and into more remote parts of the world. While we personally thrive on these experiences, they can be costly to the places we visit, and to the plant life and wild creatures that call them home.

The mountains and forests of New Hampshire's White Mountains are diverse and beautiful. They can also be fragile. Eroded soils, trampled vegetation, displaced wildlife and polluted waters are just some of the impacts linked directly to recreational activities. Our mere presence has an influence. The tens of thousands of visitors who come to the Northeastern United States each year cause large scale change. Considerable damage can be prevented if receptionists (especially Kingswood campers) are better informed, especially about Leave No Trace techniques.

At the heart of Leave No Trace are SEVEN 777 Principles for reducing the damage caused by outdoor activities and for ensuring an enjoyable outdoor experience. Leave No Trace concepts can be applied in any recreational endeavor and in every location from remote wilderness to city parks or your own backyard.

Leave No Trace principles and practices extend common courtesy and hospitality to other backcountry visitors and to the natural world of which we are all a part. They are based on an abiding respect for nature. This respect, coupled with good judgment and awareness, will allow you to apply the principles to your own unique circumstances.

We can act on behalf of the places and wildlife that inspire us -here in New Hampshire and beyond. First, let's educate ourselves and adopt the skills and ethics that enable us to LEAVE NO TRACE.

I. Plan and Prepare

- Know the regulations and special concerns for the area you'll visit. (AMC White Mountain Guide)
- Repackage Food to Minimize Waste
- Visit in small groups. Split larger groups into groups of 4-6.
- Prepare for extreme weather, hazards, and emergencies.
- Schedule your trip to avoid times of high use.

II. Travel and Camp on Durable Surfaces

- Durable surfaces include established trails and campsites, rock, gravel, dry grasses or snow. The AMC and the White Mountain National Forest have designated tent sites, shelters and huts to concentrate impact on specific area.
- Protect watersheds by camping at least 200 feet from lakes and streams.
- Good campsites are found, not made. Altering a site is not necessary.
- In popular areas:
 - ⇒ Concentrate use on existing trails and campsites.
 - ⇒ Walk single file in the middle of the trail, even when wet or muddy.
 - ⇒ Keep campsites small. Focus activity in areas where vegetation is absent.
- In pristine areas:

- ⇒ Disperse use to prevent the creation of campsites and trails.
- ⇒ Avoid places where impacts are just beginning.

III. Dispose of Waste Properly

- Pack it in, pack it out. Inspect your campsite and rest areas for trash or spilled foods. Pack out all trash, leftover food, and litter.
- Deposit solid human waste in cajoles dug 6-8 inches deep at least 200 feet from water, camp and trails. Cover and disguise the cathole when finished.
- Pack out toilet paper and hygiene products.
- To wash yourself or dishes, carry water 200 feet away from streams or lakes and use small amounts of biodegradable soap. Scatter strained dishwater or make sump.

IV. Leave What You Find

- Preserve the past: examine, but do not touch, cultural or historic structures and artifacts.
- Leave rocks, plants and other natural objects as you find them.
- Avoid introducing or transporting non-native species.
- Do not build structures, furniture, tables, or dig trenches.

V. Minimize Campfire Impact

- Campfires can cause lasting impacts to the backcountry. Use a lightweight stove for cooking and enjoy a candle lantern for light.
- Where fires are permitted (not in White Mountain National Forest), use established fire rings, fire pans, or mound fires.
- Keep fires small. Only use sticks from the ground that can be broken by hand.
- Burn all wood and coals to ash, put out campfires completely, then scatter cool ashes.

VI. Respect Wildlife

- Observe wildlife from a distance. Do not follow or approach them.
- Never feed animals. Feeding wildlife damages their health, alters natural behaviors, and exposes them to predators and other dangers.
- Protect wildlife and your food by storing rations and trash securely.
- Control pets at all times, or leave them at home.
- Avoid wildlife during sensitive times: mating nesting, raising young, or winter.

VII. Be Considerate of Others

- Respect other visitors and protect the quality of their experience.
- Be courteous. Yield to other users on the trail.
- Step to the downhill side of the trail when encountering pack stock.
- Take breaks and camp away from trails and other visitors.
- Let nature's sounds prevail. Avoid loud voices and noises.

Leadership

On the mountain you are in charge. However, being a leader does not mean you are autonomous. Here is a simple layout of what characteristics a good leader should have. Your goal on hikes is to role model for campers.

I. Expedition Behavior

The counselors attitude on a trip sets the standard for everyone else. The bottom line, as previously stated, is for the counselors to role model for campers when on day and overnight hikes. While this is a goal in cabin and camp life, its importance is twentyfold on trips. It is an absolute necessity. Here are some ideas regarding Expedition Behavior:

- Before you start hiking clearly define the group's goals and expectations.
- Role Model Enthusiastic Optimism. Your optimism will radiate throughout the group. Be vocal: "Great job guys." "You guys are doing awesome." Etc.
- Swearing, cussing, and derogatory comments have no place on trips.
- Have endless energy. Get group psyched-up. Crack an appropriate joke. Sarcasm does have a place on hiking trips and a well-timed joke is necessary comic relief long and tough day.
- during a work, ➤ Always offer to help. "When someone thinks they are doing too much group they are probably just doing enough."
- Build a safe learning environment where campers are willing to challenge themselves and make mistakes comfortably.

II. Competence

All these skills must be demonstrated on trips or at camp under supervision of campcraft head and/or Kingswood Camp administration.

- Mountain Guide, as (water/windproof) it. ➤ You must be able to correctly utilize AMC maps and accompanying White Guide.
- You must be able to read topographical maps.
- You must know how to use camp stoves safely and appropriately.
- You must know how to find water sources using maps and White Mountain well as how to properly treat water with filter/pump and iodine.
- You must know how to properly pack a pack and "bombproof"
- You must know how to set up camp tents and "bombproof" camp sites.

III. Communication

Maintain open communication lines. Give timely, specific, and clear feedback in a constructive manner. Also known as "constructive criticism." Give positive feedback first followed by negative/constructive feedback and then provide camper or other counselor with options to alter behavior. Give individual feedback on one-on-one basis. Then forget about situation unless behavior continues.

- "Stop behavior early on."
- "Weed your garden early."

If there is a serious conflict then you as leader must instigate a resolution. A simple technique for Managing and Dealing with Conflict is VOEMP. Both parties should take part in VOEMP session and counselor should facilitate it.

Voice/Ventilate-air one's feelings or thoughts, the goal is to get things out in the open
Own-what you did wrong or right, take ownership

EMpathy- each party should be able to take ownership of role in situation and then imagine what it would be like in other party's shoes.

Plan-parties should agree to take action to prevent conflict from arising in future.

Commitment should come from both parties and should be facilitated by counselor.

IV. Judgment and Decision-Making

A critical leadership skill in any setting is judgment. But we aren't born with judgment, and judgment in one setting makes no promises in other settings. What is judgment? A Dictionary says:

judgment-An informed opinion based on numerous past experiences.

But experience alone doesn't develop judgment: careful reflection on experience does.

A basic model for Learning Judgment is through Experience, Reflection, and Prediction.

Experience: Reflect (on recent experience and learn from it through debriefing sessions) Predict (how to improve next experience)

It is important that Varsity hikes are learning experiences and increasing your own, and campers', judgment is a vital part of the learning experience. The best way to encourage the learning process is by using the simple Learning Judgment model and having Debriefing sessions after significant experiences (whether they are good, bad, or lucky). It only takes five minutes and can be done at a water or snack break.

- Debrief- 1. What happened?
2. Why did it happen?
3. What can we learn from this?

There are four stages to exercising your judgment.

Novice- At the beginning we are all *Unconsciously Incompetent*. A camper is unaware of what they don't know and needs basic instruction and to learn basic patterns and accepted rules.

Apprentice- Eventually we become *Consciously Incompetent*. A camper becomes aware of his ignorance and asks for help making decisions. He needs to be coached but understands basic rules and basic solutions.

Journeyman- Kingswood's goal is to get experienced Guides to be *Consciously Competent*. A camper becomes competent but very deliberate and needs occasional help with decisions. He needs uncoached and coached experience and needs to be challenged. Can competently lead the group with Trip leader's silent presence.

Master- A Kingswood trip leader's goal is to become a Jedi Knight *Subconsciously Competent*. A leader that can perform well without much thought and needs to be challenged by learning from and contributing to collective global wisdom, for instance spreading Leave No Trace ethics to others. Continue to learn through experience and exposure to others. Remain calmly methodical dealing with the trickiest problems.

As a trip leader on small two to three day hikes the best **Decision Making** tactic is to use the *consultative* style, where a leader gathers input and facilitates a discussion, makes a decision and ensures it is carried out.

1. Accumulate Information-Leader facilitates group gathering information about facts: weather conditions; difficulty of terrain; map, time; human factors such as ability, group energy level, etc.
2. Inquire of your Group-What do they think about the situation? What level of risk are they facing -Are there specific risk factors at work-red lights? What's their feeling? What do they want to do?
3. Leaders Decide-Using information, facts, feelings, risk ratings, and ideas the group has shared.
4. Leaders tell group the Decision and Gets Final Feedback-Ask, "Is there any additional or new information?" -"Does anyone think it is not safe or factors are changing quickly?" If so, go back to step #1 and #2 and come up with a decision everyone can support.
5. Implement Plan and Stay Flexible-Leaders can generally use a more directive style (if appropriate) to orchestrate the decision, once made. At all times any group member can stop implementation and ask for changes for safety reasons, or ask for a review of the decision because new information comes to light.

V. Tolerance for Uncertainty and Adversity (When Shit Happens!)

Good leaders are "survivors" and are resilient.

1. They have the will to **survive**.
2. They have intellectual **flexibility**.
3. They have endless **optimism**, the belief that a bad situation is only a temporary predicament.
4. They have the ability to **tolerate** bizarre experiences and remain calm.
5. They have a sense of **humor**.

✓ Leaders must be able to control their anxiety without losing focus/composure during a crisis.

- ✓ Leaders must stay connected with their group by being open, honest and communicative.
- ✓ Leaders must maintain a balance between Optimism and Realism.
- ✓ Leaders must have physical and mental endurance.
- ✓ Leaders must role model how to deal with a crisis rather than try to do everything.
- ✓ Leaders must be able to work independently and in a well-coordinated fashion in adversity. A strong leader delegates responsibility and uses individual strengths to respond to a crisis.

VI. Self-Awareness/Emotional Intelligence

Self-Awareness is the foundation block on which Emotional Intelligence(EI) rests. Simply put, self-awareness means “being aware of both our mood and our thoughts about that mood.”

The basic thesis of Emotional Intelligence is that success in our world, and that means leadership and an ethical moral life as well, is dependent not only on our intellectual skills, those reflected in our IQ scores, but also on our emotional skills, - our emotional intelligence. In many ways this is something we all know; the person we want on a serious mountain isn't necessarily the person with the best technical skills. Rather, it's the person who brings the strongest combination of technical and interpersonal skills.

EI is learnable and teachable; it affects all aspects of our lives; and it is a important set of skills that, if recognized and developed as much as the well accepted intellectual IQ, may well help us individually, and as a society, to have more successful, communal, enjoyable, and ethical lives.

EI is a broad set of skills falling into five domains:

1. Knowing oneself or self-awareness.
2. Managing emotions so that one can deal with the vicissitudes of life.
3. Motivating oneself, including delaying gratification and stifling impulsiveness.
4. Recognizing emotions in others; empathy.
5. Handling relationships, which involves managing emotions in others.

VII. Vision and Action

As the Nike commercials say “JUST DO IT”. Get it started, get it done.

- Pitch in and lend a hand.
- Take initiative.
- Speak Up.
- Practice Equity in the group.
- Get the Hell Out of Bed!
- Be on Time.
- Practice self-leadership, take control of situations, know the map and travel plan.
- Share your food.
- Be both self-critical and self-respectful.
- Deal with things.
- Keep in an eye on Others.
- Say what you want.
- Make yourself accountable.

MINIMAL IMPACT CAMPING

A. Group Size

- In general, 10 campers and 2 counselors is the ideal size for each overnight. Larger groups should maintain the same supervision ratio.
- Day trip size can vary, but the optimal ratio remains 5:1. The camp director must approve any number that exceeds this ratio.
- The responsibility of all participants to look after one another is emphatically stressed.

B. Leadership qualifications

- All staff who are certified by the directors are qualified to lead trips.
- At least one person should have certified medical first aid credentials, and for water trips, a certified lifesaver must supervise all aquatic activities.
- All trips leaders and assistants must meet with the camp director for a planning meeting before the trip may depart. At this meeting, a roster of participants will be submitted to the director.
- Departure and return times, both the driving route and the trip plan (along with “avenues of retreat” should emergencies or weather warrant a change in plans), and plans for communication with the home base shall be discussed.
- Staff selected to lead overnight trips must conduct a mandatory pre-trip meeting with all participants. The general points made in this section as well as specifics to the trip shall be discussed.

C. Hiking Trips

- A point man acts as pace setter with a sweep man at the rear to monitor pace and length of breaks. The sweep man always carries the medical kit.
- Explanation of blazes, cairns, trail design, possible confusion points, and avoidance of short cuts is offered before the start of each hike.
- Maintain momentum with short standing breaks and only occasional sit-down breaks. The hiking line must never get stretched out on the trail.
- Give right of way to faster hikers.

D. Water Trips

- All aquatic trip activities are supervised by a certified life guard. Canoe trip leaders also must be certified as canoeing instructors.
- The point and sweep techniques used for hiking trips apply also to canoeing.
- All boating and swimming rules that apply to staff and campers on Lake Tarleton remain applicable on canoeing and swimming excursions.

E. Campsites

- Campsites are chosen according to local or national forest regulations. 200 feet from the trail and 100 feet from the stream is the WMNF rule.
- Care is taken not to overuse the site. Plants are never cut or removed. Rocks removed for convenience are replaced.
- Whenever possible, free standing tents are spread out.
- Mislplaced trash is collected and the site is restored as much as possible to its original condition. Attempt to make it look like no one ever camped there!
- Carry In - Carry Out is our policy even when public trash receptacles are available.

F. Cooking

- A kitchen area is chosen away from traffic.
- Persons using camp stoves must be instructed beforehand in their proper use and care. The trips director will certify and list the names of boys and staff qualified to use camp stoves. No exceptions!
- All food must be stored and cooked under safe and sanitary conditions. The camp cook will provide any special instructions relating to these procedures.
- Cooking and eating utensils are cleaned with minimal amounts of paper towels and water. Tasks are completed at least 100 feet from streams and outside of the campsite area. Soap should not be used.
- Utensils are sterilized in boiling water or with specific sanitizing agents.

G. Human Waste

- Solid waste is buried 5-6 inches below the surface with spent toilet paper, a minimum of 100 feet from camp and any water sources.
- Liquid waste is disposed of at a minimum of 50 feet.
- A honey bucket for solid waste (3 plastic bags) may be used in very restricted areas.

H. Drinking Water

- Without reasonable assurance of no contaminants, upstream water is boiled or treated with sanitizing agents before use.
- Rivers passing through farmland and villages are never potable.

I. Fires

- Existing fire rings are a prerequisite and should be left as found.
- At least one foot beyond the fire ring should be cleared of flammables.
- Rocks may be used to secure the edges of the fire ring.
- Firewood size should never exceed three finger widths.
- Fire size should never spread more than 1 and 1/2 feet or reach over 2 feet.
- Water should always be handy whenever fire is burning.
- Fire should be completely extinguished before departure. Double check for extra safety.

J. Respect

- As visitors, we must never disturb the homes of animals and plants.
- Regardless of your understanding of nature, recklessness cannot be tolerated. (Moss and lichen are fragile and need years to grow even a few millimeters.)
- Other hikers and paddlers require solitude and deserve respect. The Kingswood rule is to always maintain a quiet campsite.

TRIP EMERGENCY PROCEDURES

- Note time, scene of accident and access area for potential dangerous conditions.
- The leader not directing the accident scene calms and mobilizes the remainder of the group.
- The most medically qualified counselor leads the medical effort.
- Record all factual accident information on the form enclosed in the medical kit.
- Never leave the victim unattended or rush to judgments.
- The patient's condition first should be stabilized.
- A counselor along with a second person (Guide, JC preferably) goes for help in a situation where the victim cannot be moved. They should depart with water, food, clothing, maps, flashlight and a written message. Recorded should be time of accident, place, apparent injuries, vital signs of victim, treatment up to point of helpers' departure, and aid requested.
- Study maps before departure and attempt to select the shortest and/or easiest trail to civilization. Never bushwhack.
- Call Kingswood first unless the situation is life-threatening.
- Police, rescue squad, ambulance is called after consultation with director and nurse.
- Helpers return to the accident site only after decision has been made regarding how to proceed with the emergency.
- A litter carry operation is used only in a life-threatening situation.
- The Kingswood nurse helps determine the hospital to which patient will be taken. Nurse FAXes the victim's health form to the selected facility.
- The nurse completes the accident information form (on infirmary wall) as quickly as the situation allows. This form, too, should be Faxed to the hospital in advance of the victim's arrival.

Police, Fire, Ambulance	911
Poison Control	603-646-5000
Camp Office	603-989-5556
Infirmery	603-989-0090
Fax	603-989-3114
Wipfler Private Line	603-989-3001
Dining Hall	603-989-3011

CAMP DOCTORS

Dr. Harris & Turkington	1-802-222-4722
Dr. Harris Home	1-802-222-4968
Kinney Drug Store	1-802-222-9292

HOSPITALS

Cottage Hospital	603-747-2761
Cottage Fax	603-747-2694
Dartmouth Hitchcock	603-650-5000
Dartmouth Fax	603-650-4516

Ambulance (Non Emergency) 603-747-3331
Woodville Clinic @cottage 603-747-2761
Hosp.