



leave no trace

NEW ZEALAND

LESSON

Dispose of Waste Properly (Poo Olympics)



OBJECTIVE

Understand how to dispose of human waste in the outdoors

EQUIPMENT

Prizes (chocolate log²), Trowels, Poo Pot, Alcohol soap, Pacing or GPS for measuring 50m, object for dropping

DIRECTIONS

On arrival at camp on the first night, either individually or split into groups of 2 or 3. The objective is to build the perfect cathole. Points will be awarded for the D's: disclosure (tell someone), direction, distance, depth, diameter, disguise and disinfection as well as comfort and aesthetics of your location.

- Before we start, what do you know about direction? (away from what? – water, tracks, people, camp) distance? (50m)
 - The first consideration is distance, let's see who can get closest to 50m ... Get participants to count foot steps and all go in the same direction. Points allocated for closest people to 50m
- Now find your spot and dig your hole. You have 5 minutes.
- Do a home and garden tour with everyone evaluating.
- Emphasise:
- Depth (10–15 cm or one hand loose sign)
 - Diameter (large enough to avoid messes)
 - Drop (optional challenge for the exhibitionists – object clenched between butt cheeks and dropped into the cathole)
 - What to do with TP? (In the hole with the poo)
 - Disguise – the judges turn away and then tries to locate the cathole.
 - Disinfection

Arbitrary judgement of aesthetics and comfort. Award prize

- Catholes can be left overnight so they are ready for use in the morning (skip the disguise step).

CONCLUSION

Get the group to reiterate the 5 Ds. Alert the group to the dangers of getting lost on the way to the toilet and also the practicalities of 50m may not always be possible. Do your best and be proud. For technical points about decomposition rates and what kinds of disposal are best for different groups in different areas, refer to the **Soft Paths** book.

7 Principles of Leave No Trace

- Plan Ahead and Prepare
- Travel and Camp on Durable Surfaces
- Dispose of Waste Properly
- Leave What You Find
- Minimise Campfire Impacts
- Respect Wildlife and Farm Animals
- Be Considerate of Others

