

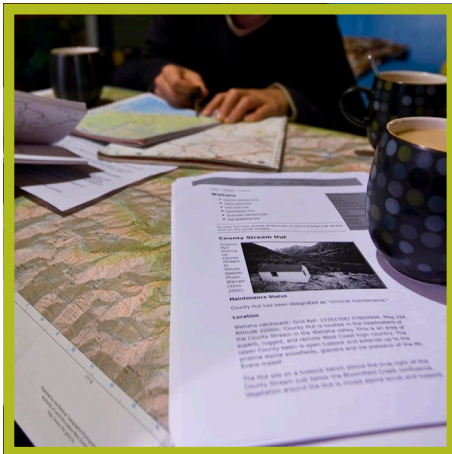


leave no trace

NEW ZEALAND

## LESSON

# Plan Ahead and Prepare



## OBJECTIVE

Identify key areas in preparing for a trip.

## EQUIPMENT

(Not limited to) Boots and gaiters, stove, cooking gear, Fire Permit, maps, weather forecast, compass, fish id sheet, track guide, mt radio, trowel, toilet paper. Bottle of wine/coke, axe, treats with heaps of wrapping eg easter eggs in foil or minties, pillow, ipod, camera.

## DIRECTIONS

1. Explain that PAAP underpins all other aspects of LNT. Tell a story of a long day in the rain, exhausted, hypothermic and ravenous, you pitch your tent wherever, cook messily and rush to the toilet (too tired to bury it). In the morning you are greeted by a mess of epic proportions.
2. Discuss hierarchy of needs: physical needs, social needs must be met before we can care for the environment.
3. Set up all items on a tarp or table out of sight. Split into groups of two or three. Give each group an item of gear and they need to explore the LNT implications of the items. Give them 3 minutes.

## ITEMS

Axe, ipod, garden trowel, camera, lollies with lots of wrappers, gaiters, bedroll on pack.

Go around the groups and ask for their analysis of the items. Ask other groups to contribute.

## CONCLUSION

Summarise Plan Ahead and Prepare key areas:

1. Trip expectations and goals (knowledge of participants)
2. Knowledge of area
3. Weather and conditions
4. Equipment and gear
5. Clothing
6. Food

## 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

