



One Day Leave No Trace (LNT) Awareness Course

Promoting responsible use of our *shared* countryside

Course outline and content

This course is divided into an indoor, classroom based element and an outdoor practical element.

The course is participatory in nature, with attendees working together in small groups.

Indoor element :

Introduction to the Seven Principles of LNT, as follows –

1. Plan Ahead and Prepare
2. Be Considerate of Others
3. Respect Farm Animals and Wildlife
4. Travel and Camp on Durable Ground
5. Leave What You Find
6. Dispose of Waste Properly
7. Minimise the Effects of Fire

Attendees are invited to develop examples of how each principle might not be followed at present and then what steps can be taken in order to better follow each of the principles.

Various exercises reinforce learning.

Outdoor element :

Each of the Seven Principles is encountered during an outdoor walk, commented upon and behaviours and actions developed to improve performance in each of the areas.

Practical work includes learning how to build a fire according to LNT principles. Various games are used throughout to assist in the learning.

Equipment :

Course participants should have rain gear, warm clothing (preferably in layers which can be removed or added, as required) and good footwear, preferably hiking boots.

A love of the outdoors is always helpful.