**Principles of Leave No Trace**

**Plan ahead and prepare**

* Know the regulations and special concerns for the area that you are going to be in
* Be prepared for all types of weather, emergencies
* Keep groups small
* Pack food in ways to minimize waste so you don’t have extra garbage
* Use a map/compass so you don’t have to mark the trees, ground in any way

**Travel and Camp on Durable Surfaces**

* Use established trails and campsites
* Camp at least 200 feet from lakes and streams
* Remember that good campsites are found, not made. Don’t alter the site if not necessary
* Walk in a straight line on a trail

**Dispose of Waste Properly**

* Whatever you bring with you, comes back with you. Make sure that you check the campsite for any trash on the ground or food left behind. Pack everything up and take with.
* Dig a latrine 6-8 inches deep and about 200 feet from water or other trails. Use this to deposit solid human waste and biodegradable toilet paper deeply. You should cover with a layer of dirt to hold down odors and keep flies away. When camp is over, cover the latrine with the rest of the dirt that you set aside when you dug it out.
* If toilet paper is not biodegradable, you need to pack it out. Keep baggies with you to put this in and seal.
* To clean your dishes and yourself, don’t use soap and water near the streams or lakes. Carry the water about 200 feet away to clean and then throw the dirty soapy water away by giving it a good fling to spread over a wide area or pour it on a rocky area.

**Leave what you find**

* Examine but do not touch any artifacts that you find
* Leave rocks and plants as you found them

**Minimize Campfire Impacts**

* If fires are permitted use established fire rings
* Keep fires small. Use sticks found on the ground to make a fire. Don’t cut trees.
* Burn all wood and coals to ash and make sure the fire is put out completely.

**Respect Wildlife**

* Never feed the animals and observe them from a distance. Do not follow or approach them.

**Be considerate of other visitors**

* Be courteous. Watch for other people on the trails.
* Take breaks and camp away from tails and other visitors.

**Flag Respect**

**Showing respect to the American Flag is a sign of true citizenship.**

**Let’s all say the Pledge of Alliance together.**

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The American flag is a symbol of America and it stands for the past, present, and future of our country. This symbol represents our land, people, and our ways of life.

When we honor the flag, we are honoring what it means to be an American and how to make our country the best it can be.

When we start our Boy Scout meetings, we normally start off saying the Pledge of Alliance then say the Scout Oath and Law all together.

If you are wearing your Scout Uniform, you greet the flag with a Scout salute.

Always face the flag and salute it if you are in uniform. If you are not in uniform, you greet the flag by removing your hat if you are wearing one, and by placing your right hand over your heart.

**Fact:** The Pledge of Alliance was created in 1892 and originally called the Bellamy salute by Frances Bellamy.

**Flying of the Flag**

* The flag can be flown from sunrise to sunset and if in a well lit area, it can be flown at night.
* The flag should fly on all national and state holidays and other days proclaimed by the US president.

Right now, all flags are to be flown at half staff in honor of all the Covid-19 victims. When you fly it at half staff, it is a way to show sorrow for national tragedy, to mark the death of a president, or to honor those who sacrificed their life for their country. You are to hoist the flag all the way to the top, hold it there for a second, then lower it to the middle point of the pole.

On page 58-59 of your scout book, you can read on ways to raise, lower, and fold the flag.

**Flag ceremonies are an important way to show respect to the flag**.

A Simple Flag Ceremony is on page 61 of your scout book.

When a flag is worn and beyond repair it may be burned in a fire. The ceremony should be conducted with respect and no fooling around and the flag is burned completely to ashes.