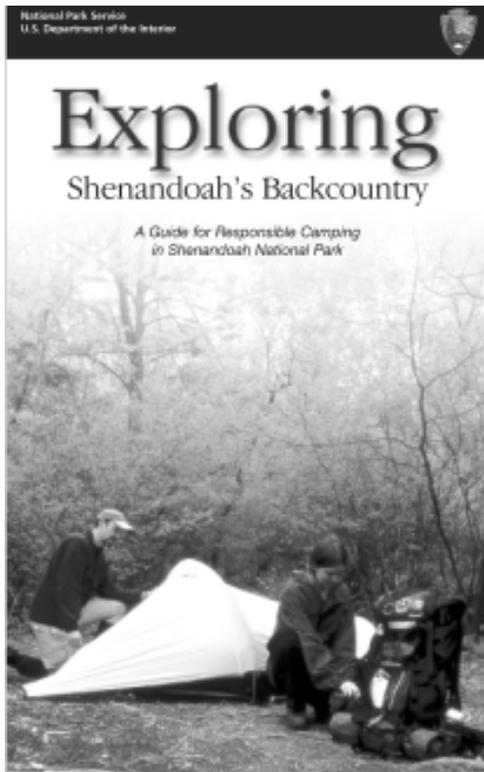


8. Backcountry Brochures – “Explore Shenandoah’s Backcountry,” Shenandoah National Park



Plan Ahead

The success of your trip depends almost entirely on thinking ahead. There are a number of things to consider in planning your trip:

- Carefully design your trip to meet your (or your group's) outdoor skill levels and expectations.
- Know the park's regulations and have your trip itinerary planned BEFORE obtaining a backcountry camping permit. Be sure to leave your itinerary with someone at home.
- Bring proper equipment. Having the right equipment will help minimize your impact on resources and will assure that you avoid violating park regulations. For example: have an agency-approved bear canister or an adequate amount of rope to properly hang food away from wildlife; carry a backpacking stove and proper fuel to cook food or to boil water (campfires are not permitted); carry a small trowel to dig a cathole to bury human waste; carry a water container and a good water filter, water purifier, or purification tablets to make water safe to drink; use pre-packaged foods or zip-lock bags.
- Obtain a good, recent map of the area (trail maps published by the Potomac Appalachian Trail Club are updated regularly and are recommended). To order hiking maps, contact:

Shenandoah National Park Association
3655 U.S. Hwy 211 E
Lusby, VA 22825
(540) 950-2582
www.snppbooks.org

Potomac Appalachian Trail Club
118 Park St. SE
Vienna, VA 22180
(703) 242-0693
www.patc.net




Backcountry Travel Tips

- Be aware of standing dead trees when you select your campsite. Don't set up camp under a dead limb or standing dead tree; they can fall at any time.
- Boil all water taken from natural water sources for at least one minute, or use a good filter/purifier or purification tablets to avoid contracting giardiasis.
- Be careful when crossing streams and when near waterfalls. Wet rocks are very slippery. During periods of high water, stream crossings are very dangerous.
- Do not shortcut between switchbacks on steep trails. Shortcuts can be hazardous, and they also cause trail erosion and damage vegetation.
- Poisonous snakes, stinging insects, poison ivy, and other potentially hazardous plants and animals are part of the natural environment of Shenandoah National Park. Be cautious as you explore. Remember, ALL plants and animals in the park are protected by law.
- Do not bring saws, axes, and glass objects or containers into Shenandoah National Park's backcountry or wilderness areas.
- Observe wildlife from a distance. Feeding or harassing wildlife is prohibited.
- Team up with one or more companions for safety and be aware of your surroundings.
- Secure your valuables. Take them with you or leave them locked in your vehicle, hidden from view.



LEAVE NO TRACE!

The Seven Principles of Leave No Trace:

<ul style="list-style-type: none"> • Plan Ahead and Prepare • Travel and Camp on Durable Surfaces • Dispose of Waste Properly 	<ul style="list-style-type: none"> • Leave What You Find • Minimize Campfire Impacts • Respect Wildlife • Be Considerate of Others
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Additional information about Leave No Trace can be found at www.LNT.org

Wilderness

In 1964, the United States Congress passed a law known as the Wilderness Act which created a National Wilderness Preservation System. The Act defined wilderness as “an area where earth and its community of life are untrammeled by man, where man himself is a visitor who does not remain.” Today over 100 million acres throughout the United States are protected as wilderness for present and future generations to explore and enjoy.

Shenandoah National Park contains nearly 80,000 acres of federally designated wilderness. Help protect this wilderness and other wild places by practicing the principles of *Leave No Trace*.



Sample Educational and Interpretive Programs and Products