

Daily Tips on Mountain Conservation

A Simple Guide to Preserving the Peaks, One Day at a Time

On Planning & Preparation

- Monday: Choose destinations and trails that match your skill level to avoid causing damage by going off-path or needing rescue.
- Tuesday: Repackage your food and snacks into reusable containers to eliminate plastic wrappers and potential litter.
- Wednesday: Invest in a reusable water bottle and a quality water filter instead of buying single-use plastic bottles.
- Thursday: Research and support local conservation organizations in the mountain area you plan to visit, either through a donation or by volunteering.
- Friday: Use a map, compass, or offline GPS to prevent getting lost and trampling fragile vegetation. Don't rely solely on cell service.

On the Trail & In Camp

- Saturday: Leave No Trace. This is the golden rule. Take only pictures, leave only footprints. Everything you bring in, you must pack out.
- Sunday: Stay on designated trails. Short-cutting causes erosion and damages plant life that can take decades to recover.
- Monday: Respect wildlife from a distance. Never feed animals; it alters their natural behavior, makes them dependent, and can be dangerous.
- Tuesday: "Pack it in, pack it out." This includes all trash: food scraps, fruit peels (they take years to decompose), and even used toilet paper in a sealed bag.

- Wednesday: Keep noise levels down. Enjoy the natural sounds and allow others to do the same. You'll also be less disruptive to wildlife.

On Minimizing Your Impact

- Thursday: Camp on durable surfaces like established campsites, rock, or gravel. Avoid setting up tent on fragile alpine meadows.
- Friday: Use a camp stove instead of making a fire. Dead wood is a crucial part of the ecosystem, and fires can scar the landscape.
- Saturday: Wash yourself and your dishes at least 200 feet away from lakes and streams. Use biodegradable soap sparingly.
- Sunday: If you see litter, pick it up. Be an example and help leave the place cleaner than you found it.

On Community & Advocacy

- Monday: Share your knowledge! Gently educate fellow hikers who may not be aware of conservation principles.
- Tuesday: Support local economies by hiring local guides, buying from local shops, and eating at local restaurants.
- Wednesday: Choose gear from companies that are committed to sustainable and ethical manufacturing practices.
- Thursday: Advocate for mountains by signing petitions or writing to land managers in support of conservation policies.
- Friday: Spread the word on social media. Share beautiful photos and a tip on how to protect those beautiful places.

The Everyday Mindset

- Saturday: Remember that you are a visitor in a fragile home. Tread lightly and with respect.
- Sunday: Reflect on your experiences. Let the beauty of the mountains inspire you to become a lifelong advocate for their protection.

In short: Be Prepared, Be Mindful, Leave No Trace. By adopting these small habits, we can all ensure the mountains remain pristine and powerful for generations to come.