



# BIGFOOT'S PLAYBOOK

# ACTIVITY

# MATERIALS

## **The following activity materials are intended to be used with Bigfoot's Playbook:**

*A Youth Educator's Guide to Leave No Trace Activities, Games, and Experiential Curriculum*

## **The following activity materials are included in this packet:**

- Ethics Game
- Campsite Oh-No's
- Minimum impact Match
- Specific is Superior
- Okay vs. No Way
- Are You Ready?
- Surface Hopscotch
- Trash Timeline
- Leave No Trace Question Ball

## **About this packet:**

- The activity cards have been designed so that you can print double sided.
- It is recommended that you print out the cards, cut them out when appropriate, and laminate the cards ahead of using Bigfoot's Playbook.
- Each group of activity materials includes a blank card page with a backing so that you may create your own cards with items that are specific to your program, community and culture.



# ETHICS GAME



# ETHICS GAME



# ETHICS GAME



# ETHICS GAME



# ETHICS GAME



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# ETHICS GAME



**Other kids cutting from one part of the trail to another to get in the front of everyone else.**

**Food and snack wrappers in the camp's fire ring.**

**People breaking the branches off trees.**

**Names carved in trees.**

**Strangers dog approaches you and/or jumps on you.**

**Kids on bikes not looking out for other people.**

**Trampled flowers around an outdoor area, camp or on a trail.**

**Fish guts on the stream bank.**

**Trash on the ground in your classroom, area or around camp.**

**Being passed by a large group while hiking or walking on a trail.**

**Kids or adults feeding animals like squirrels.**

**Pet waste on the ground.**



# ETHICS GAME



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# ETHICS GAME



**Banana peels and apple cores left around a picnic area or on the side of a road.**

**Fishing line and hooks left on the banks of a lake or river.**

**Other kids or adults not showing you respect.**

**Other kids and adults being noisy and scaring off the animals you're watching.**

**Horses wading into water ways.**

**Half burned food and trash in a campfire ring.**

**Kids or adults finding deer antlers and taking them for themselves.**

**Other camp groups setting up their tents next to yours.**

**Kids or adults squishing insects or other small creatures.**

**Other kids ruining an art project of yours.**

**Trash left scattered around sport's fields.**

**Kids or adults picking wild flowers.**



# ETHICS GAME



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# ETHICS GAME







# CAMPSITE OH-NO'S



# CAMPSITE OH-NO'S



# CAMPSITE OH-NO'S



# CAMPSITE OH-NO'S



# CAMPSITE OH-NO'S



# CAMPSITE OH-NO'S



# CAMPSITE OH-NO'S



# CAMPSITE OH-NO'S



# CAMPSITE OH-NO'S



# CAMPSITE OH-NO'S



# CAMPSITE OH-NO'S



# CAMPSITE OH-NO'S





**Banana peels and apple cores left around a picnic area or on the side of a road.**

**Food and litter at your campsite attract animals (add mice, racoons and/or bears).**

**A large, partially burned log is laying over the top of the fire pit (add a large burned log that overlaps your fire pit area).**

**Your water source is dirtied by the last campers (add food scraps, foam, and a muddy bank).**

**The campers next to you are playing very loud music and their pets are running through your campsite.**

**Trees surrounding your campsite have the last campers' names and initials carved into them (add drawings on trees).**

**The flowers around your site are all picked or trampled.**

**'Social trails' run through your campsite and in all directions (add new trails that criss cross from the nearby brush straight through your camp).**

**Other campers are washing their dishes in your watersource. (add dirty dishes, soap, and food scraps to the water source).**

**The "garbage monster" visits your site (add styrofoam, food wrappers and flashlight batteries).**

**Multiple burn areas scorch the ground where camp fires have been before. (Add burn marks to the ground next to your tent and two in your eating area).**

**The firepit is filled with partially burned garbage by the last campers.**



# CAMPSITE OH-NO'S



# CAMPSITE OH-NO'S



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# CAMPSITE OH-NO'S





A



# MINIMUM IMPACT MATCH



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**leash**

**batteries**

**gloves**

**trail**

**flashlight**

**binoculars**

**cat hole**

**lantern**

**stove**

**colored  
pencils**

**headphones**

**socks**

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**compass**

**bandages**

**rope**

**trash bag**

**sleeping  
bag**

**sunscreen**

**water  
bottle**

**rain jacket**

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**litter**

**camera**

**pet**

**trowel**

**matches**

**fuel**

**sketchbook**

**music**

**boots**

**map**

**first aid kit**

**bag to  
hang food**

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**flashlight**

**backpack**

**tent**

**sign**

**snacks**

**sunglasses**

**hat**

**wildlife**

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**OKAY VS.  
NO WAY**



**OKAY VS.  
NO WAY**



**OKAY VS.  
NO WAY**



**OKAY VS.  
NO WAY**



**OKAY VS.  
NO WAY**



**OKAY VS.  
NO WAY**



**OKAY VS.  
NO WAY**



**OKAY VS.  
NO WAY**



**OKAY VS.  
NO WAY**



**OKAY VS.  
NO WAY**



**OKAY VS.  
NO WAY**



**OKAY VS.  
NO WAY**





**To minimize food waste, try not to cook more food than you will eat.**

Okay! This is a great way to reduce food waste that you would have to otherwise pack out and throw away.

**A great way to minimize food waste is to prepare or practice making your meals at home before you go on your trip.**

Okay! Preparing at home before you go is always a good idea, especially when it comes to food.

**A bandana can be used to strain food particles from wastewater.**

Okay! Catching food particles in a bandana allows the food particles to be thrown away while the water is dispursed.

**With left-over food, you should strain out the chunks and pack them out.**

Okay! Straining out the chunks of food first will help make the cleaning process much easier. Pack out the food when finished.

**Buying food in bulk is a great way to minimize packaging waste.**

Okay! Purchasing food in bulk not only reduces packaging waste, but it is usually cheaper as well!

**Repackaging food before you leave will reduce the amount of trash you have to deal with.**

Okay! Repackaging food into different bags and containers can reduce the amount of trash that you will have to pack out while on your trip.

**You can wash dishes right in the stream because soap is clean and won't impact water sources.**

No Way... soap is a contaminant that will negatively impact a water source. This include biodegradable soap

**It's a good idea to always have a campfire.**

No Way... it could be a very bad idea to have a camp fire if there is a fire ban, draught conditions or no way to minimize fire impacts.

**Repackaging food is a waste of time.**

No way... while repackaging food may take some time, its value to reduce the amount of trash that you will pack out makes it worth someone's time.

**Just leave your leftover food in camp.**

No Way... leftover food would be consumed by animals and attract them to that area in the future, negatively impacting other people that come to camp at that site.

**Store food in a bear resistant container in your tent.**

No Way... while it is important to store food in a bear proof canister, you should never keep that canister in your tent. Animals can still smell food through the canister!

**Canned food is a great food to bring backpacking.**

No Way...canned food is heavy, doesn't often support the needs of a group, and produces a lot of heavy garbage that you will have to carry out.



**OKAY VS.  
NO WAY**



**OKAY VS.  
NO WAY**



**OKAY VS.  
NO WAY**



**OKAY VS.  
NO WAY**



**OKAY VS.  
NO WAY**



**OKAY VS.  
NO WAY**



**OKAY VS.  
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**OKAY VS.  
NO WAY**



**OKAY VS.  
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**OKAY VS.  
NO WAY**



**OKAY VS.  
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**OKAY VS.  
NO WAY**









# SCENARIO #1

A staff member has told you that you'll be venturing out on a long hike tomorrow. You and your group will be hiking in Shenandoah National Park, starting at 10:00 a.m. at the Meadow Springs Parking Area and hiking two miles before breaking for lunch around Noon. After lunch there will be another mile hike out to High Clear Pond. After a quick dip, the group will begin hiking back out to the trailhead with an arrival time of approximately 4:00pm. The hike into the pond will be mostly uphill with some flat stretches. The return hike will be mostly downhill. Temperatures during this time of the year can range from high 50's in the morning and at higher elevations to the low 90's during the afternoon. The weather is predicted to be mostly sunny, but be prepared for any weather, including rain. The trail can be quite rocky and may be muddy so come prepared with hiking boots. The planned lunch area is beautiful and provides a great spot off trail for the group. You will have to bring your own lunch. Staff members will have sunscreen, first aid kits, radios, and all other necessary safety equipment. Be prepared for a wonderful time! See you there!

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## ENVIRONMENT & CONDITION CARDS

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### Do the contents of your pack...

- Help you make sure that you will be safe? Please explain.
- Help you Leave No Trace? How?
- Help you have a successful and fun day on the trip? Please explain.
- Properly prepare you for the weather conditions that you'll encounter? How?



## ENVIRONMENT & CONDITION CARDS

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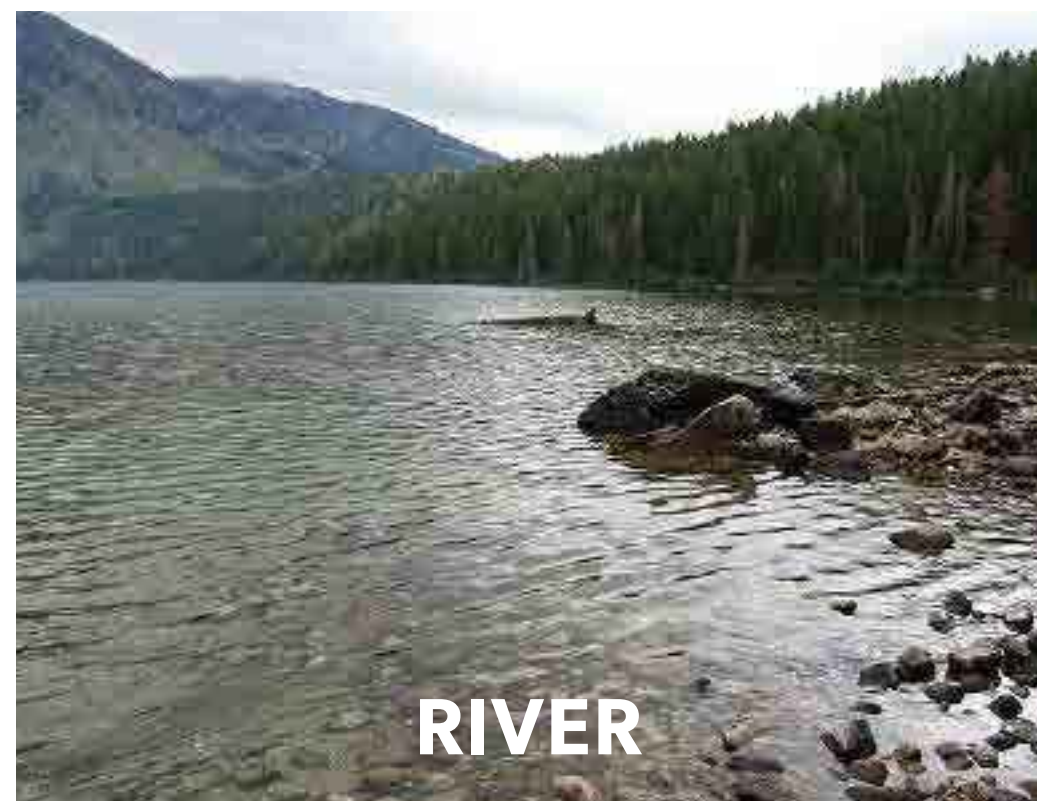
**FOREST**



**ALPINE**



**DESERT**



**RIVER**



## ENVIRONMENT & CONDITION CARDS

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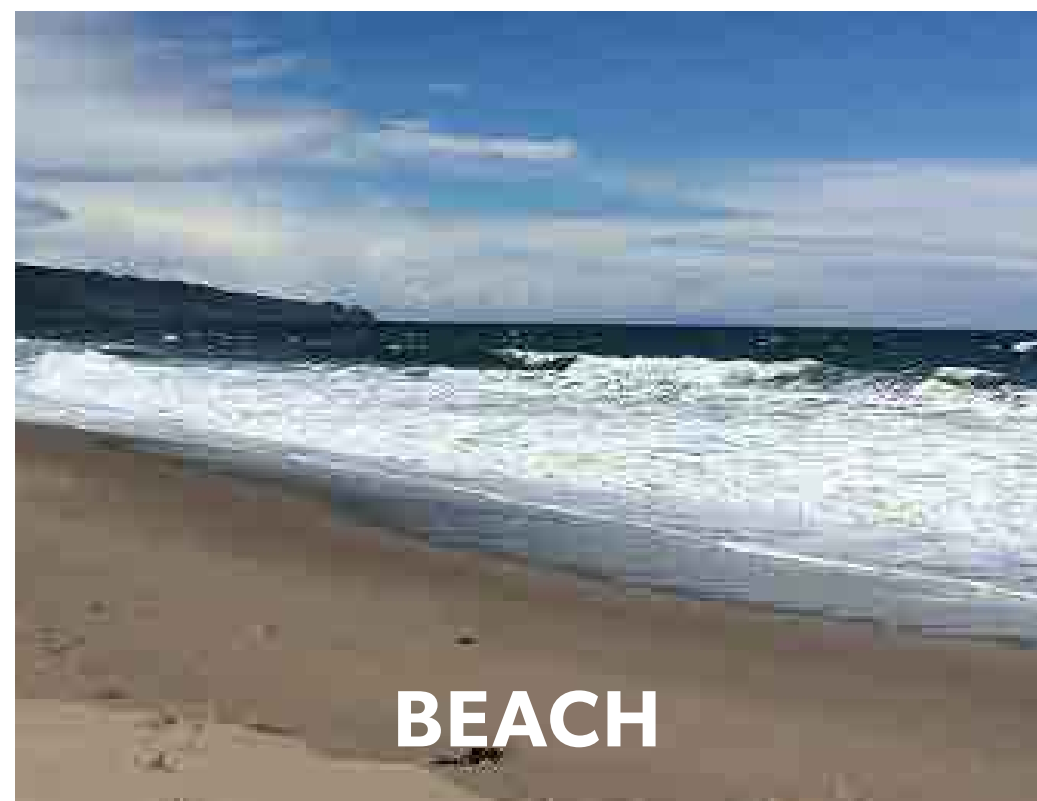


## ENVIRONMENT & CONDITION CARDS

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**BEACH**



**SKI AREA**



**CITY PARK**



**COMMUNITY POOL**



## ENVIRONMENT & CONDITION CARDS

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# SURFACE HOPSCOTCH





SURFACE HOPSCOTCH

# DRY GRASSES





# SURFACE HOPSCOTCH







SURFACE HOPSCOTCH

# FLOWERS





# SURFACE HOPSCOTCH





SURFACE HOPSCOTCH

ICE





# SURFACE HOPSCOTCH



# LICHEN COVERED ROCKS



SURFACE HOPSCOTCH





# SURFACE HOPSCOTCH



**LIVING BIOLOGICAL SOIL CRUST  
(CRYPTOBIOTIC SOIL)**





# SURFACE HOPSCOTCH







SURFACE HOPSCOTCH



# MOSS





# SURFACE HOPSCOTCH





SURFACE HOPSCOTCH

**MUD**





# SURFACE HOPSCOTCH





SURFACE HOPSCOTCH

# ROCK





# SURFACE HOPSCOTCH





SURFACE HOPSCOTCH

# ROCKS





# SURFACE HOPSCOTCH







SURFACE HOPSCOTCH



SAND





# SURFACE HOPSCOTCH





SURFACE HOPSCOTCH



# SNOW





# SURFACE HOPSCOTCH





SURFACE HOPSCOTCH



# TRAIL





# SURFACE HOPSCOTCH





SURFACE HOPSCOTCH

# WATER





# SURFACE HOPSCOTCH







SURFACE HOPSCOTCH

# WET GRASS





# SURFACE HOPSCOTCH





SURFACE HOPSCOTCH

# WOODEN BOARDWALK

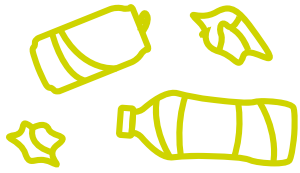




# SURFACE HOPSCOTCH



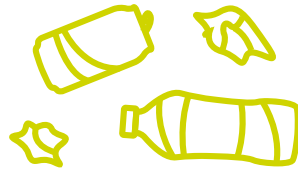




# TRASH TIMELINE



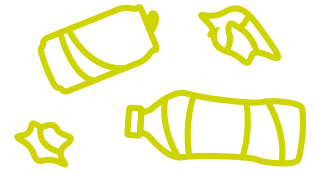
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# TRASH TIMELINE



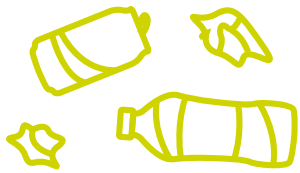
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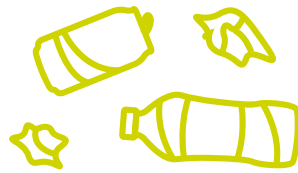
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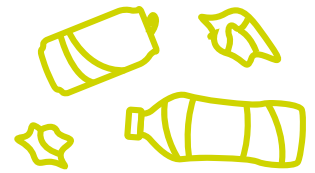
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# TRASH TIMELINE



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# TRASH TIMELINE



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**Up to 2 years**

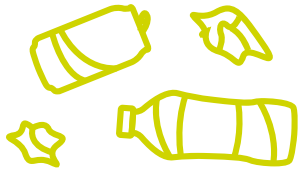
**1 to 5 years**

**1 to 5 years**

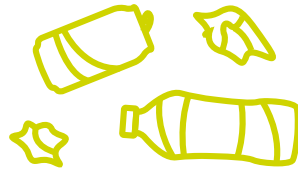
**1 to 5 years**

**5 years**

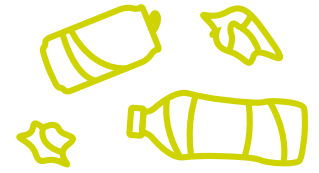
**5 years**



# TRASH TIMELINE



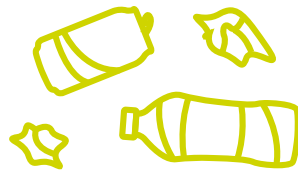
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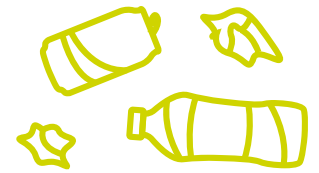
# TRASH TIMELINE



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# TRASH TIMELINE





**30 to 40 years**

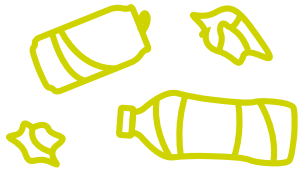
**50 years**

**80 to 100 years**

**100 years**

**10 to 20 years**

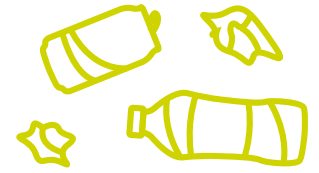
**1,000,000  
years**



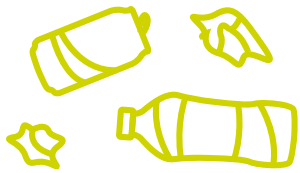
# TRASH TIMELINE



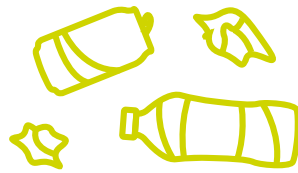
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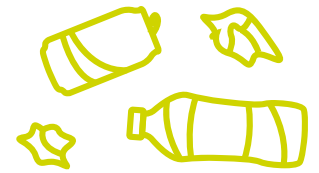
# TRASH TIMELINE



# TRASH TIMELINE



# TRASH TIMELINE



# TRASH TIMELINE





**Plastic Bags**



**Aluminum Cans**



**Cigarette Butts**



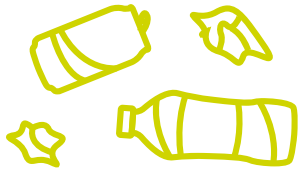
**Leather**



**Tin Cans**



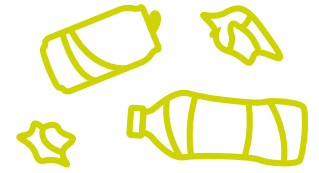
**Glass Bottles**



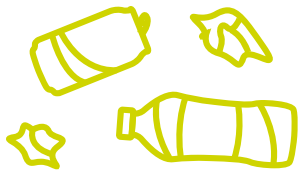
# TRASH TIMELINE



# TRASH TIMELINE



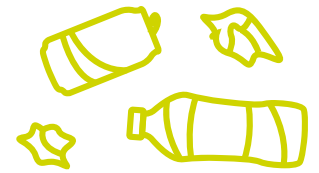
# TRASH TIMELINE



# TRASH TIMELINE



# TRASH TIMELINE



# TRASH TIMELINE





**Nylon Fabric**



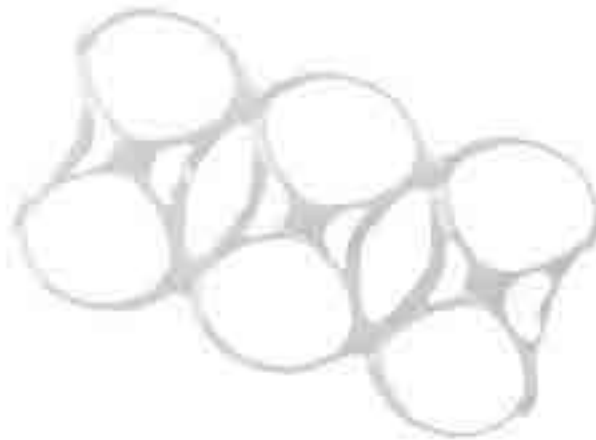
**Orange or  
Banana Peels**



**Plastic Coated  
Paper**



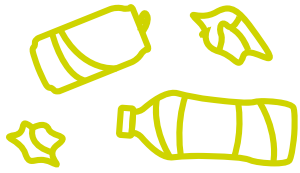
**Wool Socks**



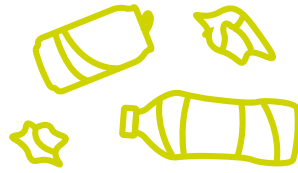
**Plastic Bottle  
Holder**



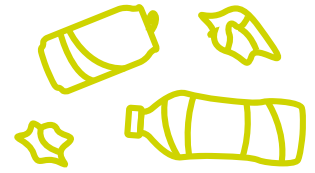
**Gum**



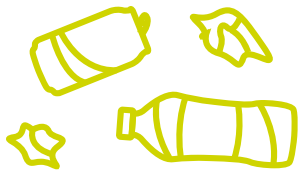
# TRASH TIMELINE



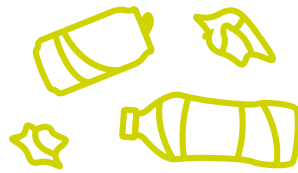
# TRASH TIMELINE



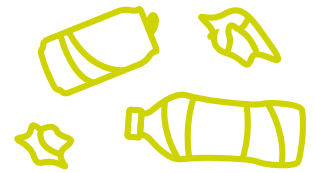
# TRASH TIMELINE



# TRASH TIMELINE

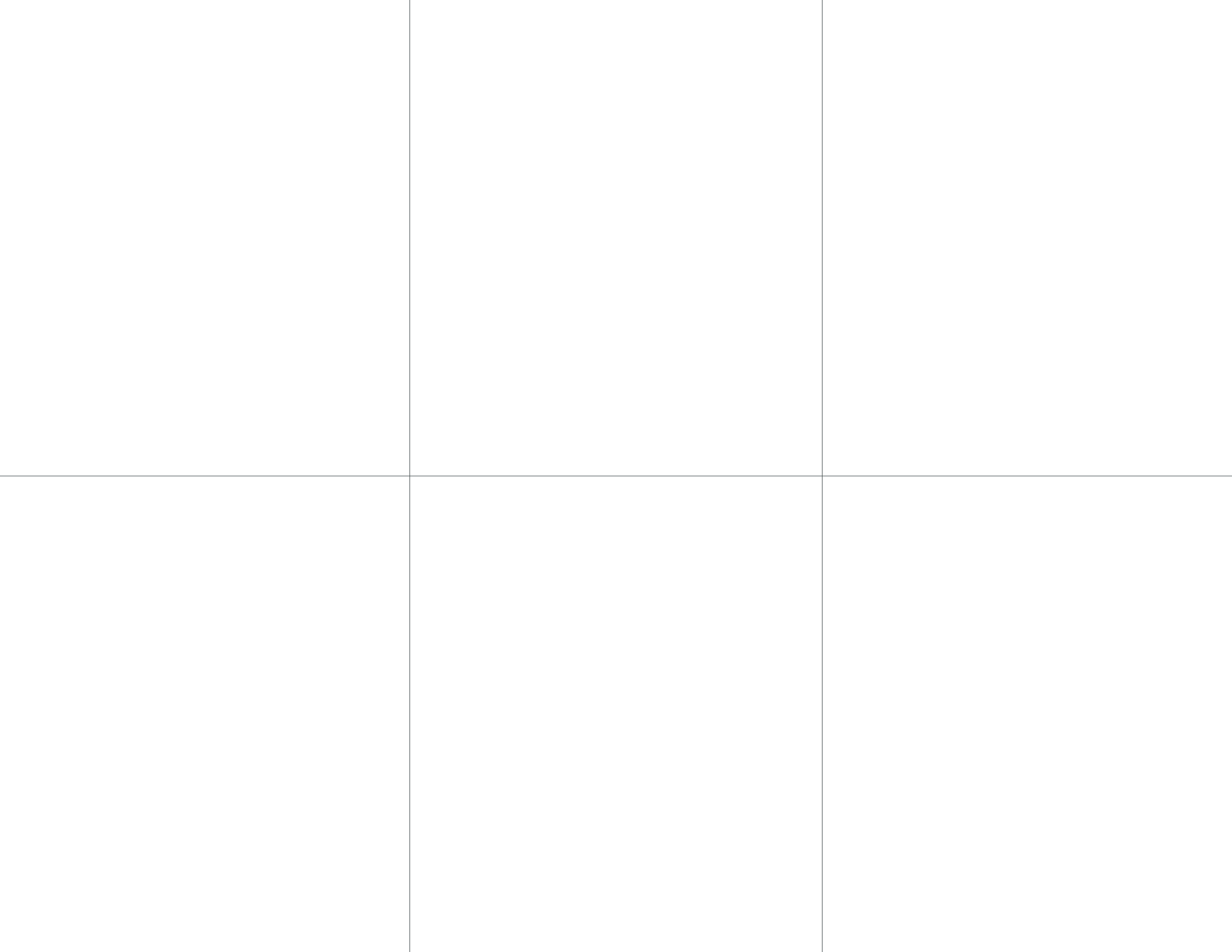


# TRASH TIMELINE



# TRASH TIMELINE











# QUESTION BALL

Use the suggested list of questions below to make your own Leave No Trace Question Ball. Get creative and create questions that are specific to your program, as well!

- How can we avoid transporting non-native species?
- What are examples of minimum impact campfires?
- What are two examples of durable surfaces?
- Who should yield when hikers and pack stock meet on the trail?
- What four federal land management agencies helped to make Leave No Trace the national wilderness ethics programs?
- What is the "Authority of the Resource" technique?
- What are potential sources of information before traveling in the backcountry?
- What is an alternative to toilet paper?
- Why is Planning Ahead and Preparing important?
- Why is it smart to repack food before hitting the trail?
- What is the ideal group size for hikers?
- What are three characteristics of wood that should be used when building a campfire?
- Are plants more fragile in WET or DRY conditions?
- What are some questions to consider before building a campfire?
- Is it okay to walk through puddles or mud in a desert environment?
- Is it okay to bury any leftover food waste?
- Why should you not disturb natural features?
- What is the proper way for a group to travel in pristine areas?
- What is the recommended distance from camp from trails and water?
- What is the difference between front country and backcountry?
- Which area of your campsite receives the most impact?
- What are the proper dimensions for a bear hang?
- Why is it best to not to build a fire on an island?
- When is it appropriate to urinate in waterways?
- Where would you find the Leave No Trace headquarters?
- Ask the person to your right any Leave No Trace question.
- Why is it important to dig your cat hole 6-8 in. deep?
- How should we dispose of toilet paper in the backcountry?
- What are ideal colors for clothing and gear? Why?
- During what sensitive times should we avoid wildlife?
- When biking, what should you do when you encounter a trail obstruction?
- Why is it important not to touch cave formations?
- What should be done with your campfire ashes when leaving a site?
- Why is it best to urinate on rocks rather than vegetation?
- What types of soil should be used for a mound fire?
- What is the mission of Leave No Trace?
- What is one of the four objectives of proper waste disposal?
- What is the difference between attraction and habituation?
- What items should be included in your bear hang?
- What happens when we feed wildlife?
- When scheduling your trip, what times should you avoid?
- What is one way we can be respectful of wildlife?
- Where is the best place to take a break while hiking?
- Why is it smart to have gaiters on your trip?
- When recreating, how can unmanageable pets be dealt with?
- What should you do with your dirty dish water?
- What are some alternatives to campfires?
- What is the highest level of Leave No Trace training available?