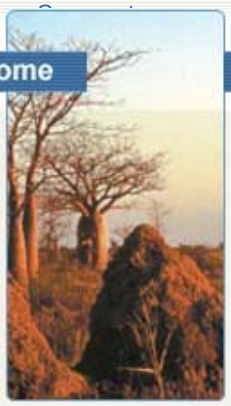

Plan ahead and prepare

"Prior planning prevents poor performance."
Anonymous

"Good planning is living the experience in advance."
Sir Edmund Hillary

Plan ahead by considering your goals and those of your group. Prepare by gathering local information, communicating expectations, and acquiring the technical skills, first aid knowledge, and equipment to make the trip a success. Build Leave No Trace into your plans by picking an appropriate destination for your group and allowing plenty of time to travel and camp.

Be prepared to sit tight or turn back if you sense danger or sustain an injury. That way, you won't have to abandon Leave No Trace techniques for the sake of safety. For instance, poor planning or disregard for weather conditions can transform an easy bushwalk into a risky encounter with extremes in temperatures. Cold and wet or suffering from heat stress, it's tempting to think that the impacts of cutting branches for shade or shelters are justifiable.

Prevention by obtaining knowledge ahead of time is often an easier solution.

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