

## Leave No Trace

We all have different goals for travelling in the wilderness but one thing I think we all have in common is a desire to see it remain wild. 'Leave No Trace' is an attitude that should pervade every aspect of your trip. Many of our guests may be uncomfortable with dealing with their toilet waste but this is all part of spending time in the great outdoors, particularly when wild camping. It wasn't that long ago we were pooing into slop buckets and using natural toilet paper!

The following are not guidelines, but fast rules that our Guides and guests must adhere to on all events.

## General Rules

1. Carry out **EVERYTHING** you bring in.
2. Leave areas in a better state than when you arrive.
3. Keep a small rubbish bag with you and collect whatever you reasonably can, when you can.
4. Take your rubbish home and recycle hard plastics where possible.
5. Take care where you land and leave your kayak i.e. plant life, shells, erosion.
6. Take reasonable care where you camp i.e. use a durable surface such as sand/gravel/shingle and try not to pitch on small plants and lichen where possible.
7. Use **BIO-DEGRADABLE** products only i.e. rubbish bags, toilet paper et cetera.
8. Camp at least **200ft** from potential drinking water sources (the sea is OK, we don't drink that!).
9. Protect all food from small mammals and insects by using thick, heavy duty odour proof, sealable bags.
10. Ensure **ALL** toilet activity is at least **200ft** from the campsite and **200ft** from any fresh water source or inland pools.

## Leave No Trace (L.N.T.) - Disposing of Waste Properly

### Dealing with Human Waste

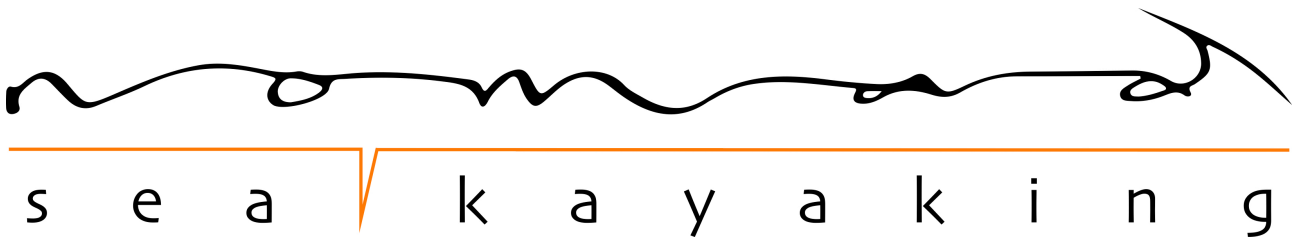
**NOMAD Sea Kayaking** operates a strict policy of '**Pack it Out**' - all human waste with the exception of urine is carried out by each guest/Guide.

### Urine

Urine is relatively free of microorganisms and as a result can be considered 'clean' but not sterile. The main issues with urine is smell and the salts left behind that attract animals and insects.

### Guidelines

1. Urinate 200 ft from the campsite and 200ft from any inland water source i.e. not sea.
2. Urinate on rocks, thick humus layers, decaying leaves et cetera.
3. Avoid woodpiles and plants; the salt deposit will attract insects to strip leaves and kill foliage.
4. Diluting urine with water afterwards helps.



## Human Faeces

Faeces create a significant problem in the environment with the potential to contaminate water sources with gastrointestinal infections such as a water borne parasite *Giardia lamblia* that can be lethal to humans. Three separate studies in the U.S. have shown that buried human waste remains undecomposed, intact and carries deadly pathogens a year after burial. Burying actually slows down decomposition of human waste but it does alleviate the problem of visual impact and reduces the chance of contaminating water sources.

## Shitting in the Woods - A 'How To' Guide

### Items Needed

1. Trowel for digging.
2. Biodegradable soap.
3. Hand sanitiser.
4. Small bottle of water for washing hands.
5. Biodegradable toilet paper only.
6. **TWO** biodegradable dog poo bags per bowel movement (add a little bicarbonate of soda to each bag against smells).
7. Two heavy duty sealable/ziplock plastic bags (these are not biodegradable and can be reused many times before disposal). These are taken home upon completion of your event.

### Taking a 'Dump'

**Step 1:** Find a suitable place that is screened, private with a flat, hard surface i.e. hard soil/sand/gravel.

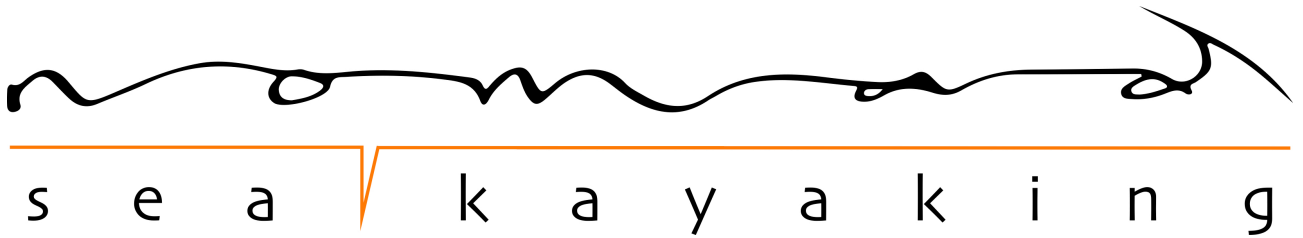
**Step 2:** Prepare your items i.e. toilet paper ready for wiping and soap and water ready for washing your hands.

**Step 3:** Take a quick look around to ensure you won't be disturbed, drop your pants and squat over the target 'hard spot'. Remember to pull your pants forward and remember that folks often urinate at the same time so be careful!

**Step 4:** Conduct your business and wipe carefully, folding the paper strategically and placing the used paper out of the way next to you. Wipe with one hand only and keep from touching anything with this 'contaminated' hand.

**Step 5:** Using your left (uncontaminated) hand, pour a little water and soap onto your right (contaminated) hand and wash thoroughly. Draw up your pants and buckle up with your now clean hands.

**Step 6:** Using one dog poo bag, scoop up your waste and tie off. Place this bag into the second dog poo bag, add your used toilet paper and tie off securely after having carefully



squeezed out the excess air. Place the 'dog poo' bag with your waste into the zip lock bag, squeeze out the excess air carefully, seal and place this into the heavy duty outer bag.

**Step 7:** The final tidy up. Use your trowel to cover any waste with a light covering of sand so that the sun can get to it which will ensure that the little smear that remains is processed quickly. Mark the area with two crossed sticks or a cairn of stones.

And finally, wash again as appropriate using your soap and water and the hand sanitiser as the final precaution. You can never be too careful with *Giardia lamblia*!

Upon returning to civilisation, the 'dog poo' bags can be disposed of in normal bins as all of this will end up in landfill hence the importance of **ALL materials being biodegradable**.

### Note of Caution

1. Don't be a numpty! Think through what you need to do before you do it.
2. Prepare, prepare, prepare - execute.
3. Bag up waste well.
4. Wash up well, get a good lather going over entire hands and wrist, rub like hell and rinse away thoroughly.
5. Pack waste bag away carefully and with thought. In a kayak, pack it at the top of your gear just under the hatch cover so it can be disposed of first thing. On a hike, pack waste bag carefully inside the ruck at the top or securely clipped to the outside of your ruck. Clear zip lock waste bags can be taped so the contents are secure and can't be seen by fellow hikers. Ensure there are no pervading smells!

### Another Solution!

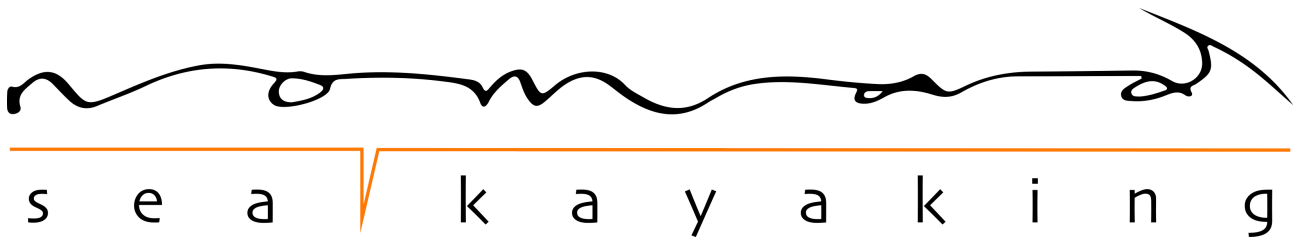
If following the above process doesn't suit you, you can always purchase a '**Wag Bag**'; a commercial 'pack it out' product that is rather expensive and does exactly what the NSK system does for around eight times the price. There are a number of variations available on Amazon and they all work in the same way and result in the same thing. One of the benefits of the Wag Bag however is the addition of a polymer-based absorbent where the waste is deposited and this neutralises most of the odour and forms a gel which encapsulates the waste and starts the decay process.

So remember, this is **NOT optional**; all waste is carried out by guests and Guides on all of our wild camp events (hiking and sea kayaking). If you are not prepared to do this then you have two options;

1. Hold it while you are out!
2. Don't book and go to a hotel with a toilet instead.

### Waste Food

Leave no trace means leave no trace so please **DON'T** dump any leftovers, or crumbs onto the floor or into undergrowth. Much of it will simply rot and attract wild rats with the risk of Lyme disease! Small mammals that are attracted by the leftovers will become accustomed to the food and associate humans with a feed.



This is now a very big problem in other parts of the world with all sorts of precautions having to be taken with not only food and food scraps but also toiletries; anything with a smell that may attract animal of all sizes and tastes. Consume everything or store it securely in a sealed container to consume later. The same goes for juices and alcohol; water can be dispersed openly. **Tip:** Disperse any waste fluids into the fire pit first thing in the morning. **DO NOT** use urine in the fire pit as Guides will clean the fire pit predominantly using their hands before leaving (thank you).

### **Help!**

This is a cheap and simple system. For any further guidance or help setting up your personal hygiene system please feel free to contact us and we'll be very happy to help and give advice based on 16 years of **NOMAD Sea Kayaking** wild camping experience. Ladies, if you would rather speak to a lady for any questions then we do have female Guides in the office too, just ask.

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