



# Day Hike (Leave No Trace) Mount Lemmon



Leave No Trace (LNT) trainer course is an environmental ethics course perfect for any outdoor professional or recreator.

Through this course, you will be taught to teach all seven LNT principles focused on minimizing human impact in natural spaces.

This day hike will be the perfect introduction to these principles in the world's best classroom—the outdoors!

## Itinerary

Subject to change

### Day One:

- Meet at Outdoor Recreation (OR)
- Drive to trailhead
- 5-minute initiative, a chance to give back to the natural areas around us
- Begin hiking
- Lunch on trail
- Hike back at trailhead
- Head back to OR

## PACKING LIST

- Hiking boots/ shoes
- Sun/ quickdry shirt
- Rain jacket
- Wool/fleece jacket
- Lunch and snacks
- Day pack\*
- Camera (optional)
- Water bottle(s) (2 liters)
- Hat and sunscreen
- Any personal lifesaving medications (epi-pens, inhalers, etc.)

\* May be reserved from Outdoor Recreation at no additional cost.

## OUTDOOR PROVIDES

- Transportation
- Leadership and instruction
- All trip-specific gear

### EXERTION LEVELS

