

# Camp Seven Hills Lakeside Leave No Trace Educational Letter Boxing Course

A Girl Scout Silver Award Project by Alexis Birkemeier and Cyrene Blackley

Welcome to your letterboxing course. During this adventure, you will earn three of the five requirements for the Brownie Letterboxing badge and learn about the 7 Leave No Trace Principles. In this course there will be no hitchhikers, parasites, cuckoo clues, or micro boxes. Please remember to hide all boxes better than you found it. We hope you have fun!

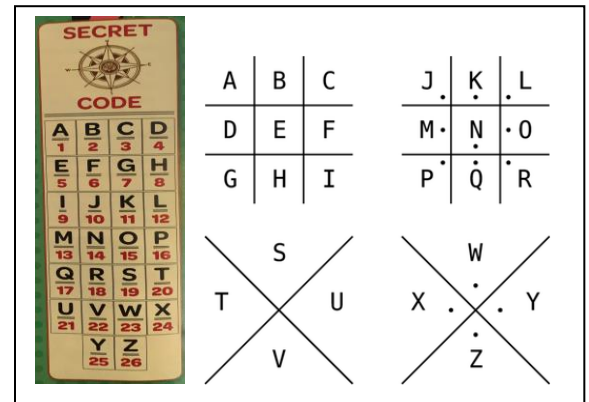
Definitions:

Hitchhiker: a letterbox hidden within another letterbox (when found the hitchhiker is moved to a third box)

Parasite: a letterbox within a hitchhiker (when found it is moved with the hitchhiker)

Cuckoo Clues: a clue to a letterbox hidden within a different letterbox

Micro boxes: very small letterboxes, great for urban hiding



**Box 1: Plan Ahead and Prepare** In Leave No Trace Principles, it is important to plan ahead and prepare. Adequate trip planning and preparation helps backcountry travelers accomplish trip goals safely and enjoyably while minimizing damage to the land.

**Clue 1:** Start at the Hammond House. Follow the yellow trail to the clearing. Just as the trail turns left, look to your right for a big, tall tree that splits into 2. Hidden among the roots, buried under pine needles and sticks is your box.

**Box 2: Stay on the Path (Hike and Camp on Durable Surfaces)** Damage occurs when plants and other wildlife are trampled. Always stay on the designated trail. Go through the mud, not around it to help prevent the erosion of the path and spread of the mud.

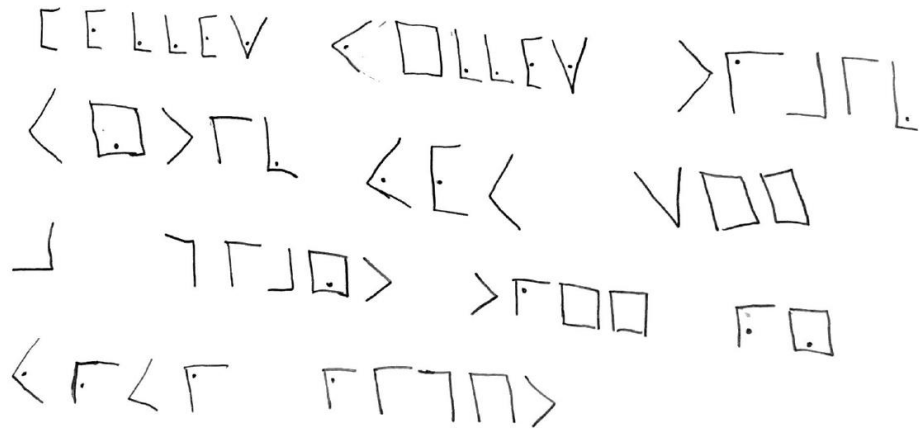
**Clue 2:** 3 15 14 20 9 14 21 5 20 15 6 15 12 12 15 23 25 5 12 12 15 23 20 18 1 9 12

16 1 19 20 20 23 15 6 1 12 12 5 14 20 16 5 5 19 15 14 25 15 21 18 12 5 6 20

12 15 15 11 6 15 18 18 3 13 1 9 14 9 14 7 19 20 1 13 16 On your right, inside stump is your next box.

**Box 3: Pack it in/ Pack it out (Dispose of Waste properly)** Anything you bring in, you should take out with you. This includes any garbage you made while hiking or camping.

**Clue 3:**



Where the trunk splits, you will find your box nestled.

**Box 4: Take only pictures, leave only footprints (Leave What You Find)** Allow others a sense of discovery by leaving rocks, plants, archeological artifacts, and other objects of interest as you find them. Do not pick plants and flowers and leave animal nests alone.

**Clue 4:** Continue on the yellow trail. As the ground vegetation clears out, you'll come to a path of pine trees. The 4th tree on the right will have a trail marker. The 7th tree on your right will have your prize amongst the back side of its roots.

**Box 5: Minimize Campfire Impact** The most important consideration when deciding to use a fire is the potential damage to the backcountry. Do NOT cut down trees or shrubs. Make your campfire in a designated fire circle/ campfire area and keep it small.

**Clue 5:** Follow the yellow trail for about 0.04 miles. As you cross over a moss covered log on the ground, there will be a large tree on the left that splits. Your box will be in the back of the tree within the three branches.

**Box 6: Respect Wildlife** Learn about wildlife through quiet observation. Do not disturb wildlife or plants just for a "better look." Observe wildlife from a distance so they are not scared or forced to flee. Large groups often cause more damage to the environment and can disturb wildlife, so keep your group small. If you have a larger group, divide into smaller groups if possible to minimize your impacts.

**Clue 6:** Between the 2 double marked trail heads is a tree with a multi split trunk. Look in between the trunks for your next box

**Box 7: Be Considerate of Others** One of the most important components of outdoor ethics is to maintain courtesy toward other visitors. Excessive noise, uncontrolled pets, and damaged surroundings take away from the natural appeal of the outdoors.

**Clue 7:** Walk through the muddy pit of doom and cross the creek. As you continue down the trail, on the left is a tree with 2 large branches forming an upside down V. The final box will be inside the split.

\*Note, if you reach Hunters Creek Pond, you have gone too far.