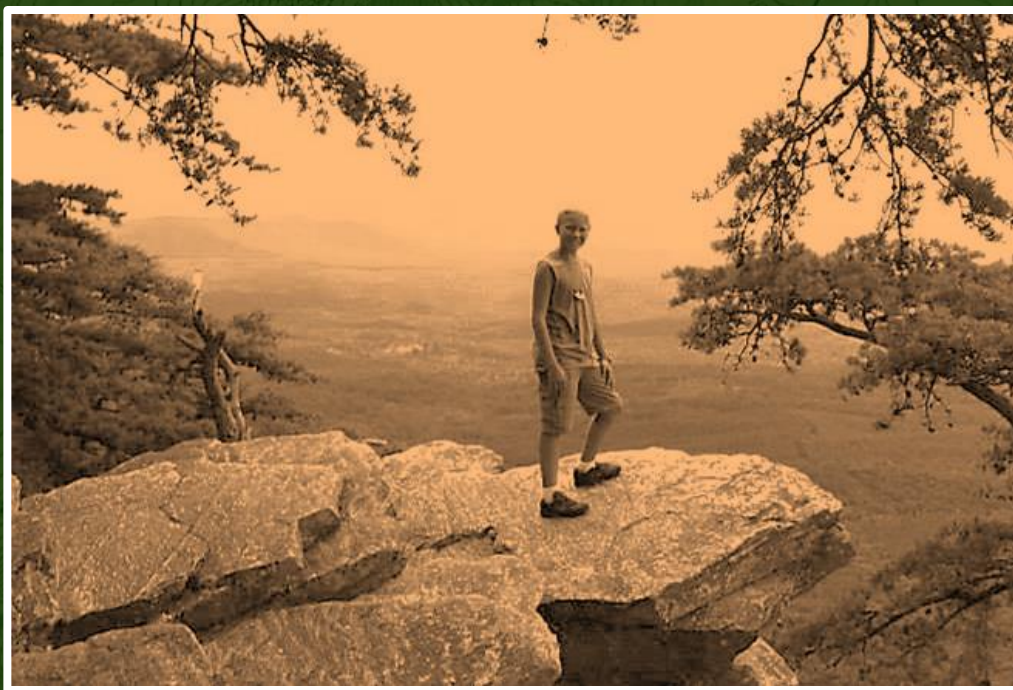


Cheaha State Park Leave No Trace Explorer's Club



Cheaha State Park

Leave No Trace

Explorer's Club

Welcome
to Cheaha State Park! You are about
to embark on an adventure to become a
member of the Leave No Trace
Explorer's Club.



Now that you are ready to set out for adventure, can you locate all of these items? As you work through your guide, keep your eyes open and try to find these living and nonliving items:

- | | | | |
|---|--|------------------------------------|---|
| <input type="checkbox"/> Smooth Rocks | <input type="checkbox"/> Green Leaf | <input type="checkbox"/> Centipede | <input type="checkbox"/> Bird Nest |
| <input type="checkbox"/> Mud | <input type="checkbox"/> Hardwood Tree | <input type="checkbox"/> Vulture | <input type="checkbox"/> Ant Hill |
| <input type="checkbox"/> Light | <input type="checkbox"/> Vine | <input type="checkbox"/> Frog | <input type="checkbox"/> Bones |
| <input type="checkbox"/> Sand | <input type="checkbox"/> Fungus | <input type="checkbox"/> Insect | <input type="checkbox"/> Broken Branches |
| <input type="checkbox"/> Dew Drops | <input type="checkbox"/> Flower | <input type="checkbox"/> Bird Call | <input type="checkbox"/> Broken Leaves |
| <input type="checkbox"/> Puddle | <input type="checkbox"/> Evergreen Tree | <input type="checkbox"/> Mammal | <input type="checkbox"/> Spider Webs |
| <input type="checkbox"/> Lightning | <input type="checkbox"/> Moss | <input type="checkbox"/> Spider | <input type="checkbox"/> Animal Tracks |
| <input type="checkbox"/> Shadow | <input type="checkbox"/> Hollow Log | <input type="checkbox"/> Bird | <input type="checkbox"/> Bird Feather |
| <input type="checkbox"/> Campfire | <input type="checkbox"/> Seeds | <input type="checkbox"/> Frog Call | <input type="checkbox"/> Leaf That Has
Been Chewed On |
| <input type="checkbox"/> Rainbow | <input type="checkbox"/> Sassafras Tree | <input type="checkbox"/> Fish | <input type="checkbox"/> Animal Burrow |
| <input type="checkbox"/> Shiny Rock | <input type="checkbox"/> Stick Shaped Like
A Letter | <input type="checkbox"/> Turtle | <input type="checkbox"/> Hole in a Tree |
| <input type="checkbox"/> Fog | <input type="checkbox"/> Indian Marker Tree | <input type="checkbox"/> Deer | <input type="checkbox"/> Snake Shed |
| <input type="checkbox"/> Cloud That Looks
Like an Animal | <input type="checkbox"/> Cattails (The Plant) | <input type="checkbox"/> Reptile | <input type="checkbox"/> Sticks With Rodent
Chew Marks |
| <input type="checkbox"/> Sunrise/Sunset | <input type="checkbox"/> Longleaf Pine Cone | <input type="checkbox"/> Roly Poly | |
| | | <input type="checkbox"/> Bigfoot | |

Leave No Trace 7 Principles

Leave No Trace is a national program that promotes responsible outdoor recreation. Remember, as a member of the Explorer's Club, you'll enjoy nature even more by caring for your special place. Solve the cryptogram below by finding the letters that go along with the numbers in the puzzle to learn the 7 principles of Leave No Trace.

A	B	C	D	E	F	G	H	I	J	K	L	M
9	4	25	21	26	5	11	8	23	19	3	20	16

Code Key

N	O	P	Q	R	S	T	U	V	W	X	Y	Z
6	18	15	13	1	17	10	14	24	12	7	2	22

" K _____ B _____ Y _____ G _____ "

3 6 18 12 4 26 5 18 1 26 2 18 14 11 18

Be prepared! Use maps to show you where you'll be going & you won't get lost. Learn about the areas you plan to visit. The more you know the more fun you'll have.

T _____ R _____ P _____ "

10 8 26 1 23 11 8 10 15 9 10 8

Use existing camp areas & walk on the main trail to protect nature.

" T _____ Y _____ T _____ "

10 1 9 17 8 2 18 14 1 10 1 9 17 8

Pack it in; pack it out. When hiking or camping, take your trash home with you. Keep water sources clean. Don't put soap, food, or poop in rivers or streams.

" L _____ W _____ Y _____ F _____ "

20 26 9 24 26 12 8 9 10 2 18 14 5 23 6 21

Leave plants, rocks, and historical items as you find them so the next person can enjoy them.

" B _____ C _____ W _____ F _____ "

4 26 25 9 1 26 5 14 20 12 23 10 8 5 23 1 26

If it's okay to build a campfire in the area you're visiting, use an existing fire ring to protect the ground from heat. Don't break off any twigs or branches from live plants. Instead, collect loose sticks from the ground. Be sure that the fire is completely out and cold before you leave.

" R _____ W _____ "

1 26 17 15 26 25 10 12 23 20 21 20 23 5 26

Watch wildlife from a distance and never approach, feed, or follow them. Human food is unhealthy for all animals and feeding them starts bad habits. Protect wildlife and your food by storing your meals and trash tightly. Control pets at all times or leave them at home.

" B _____ K _____ T _____ O _____ "

4 26 3 23 6 21 10 18 18 10 8 26 1

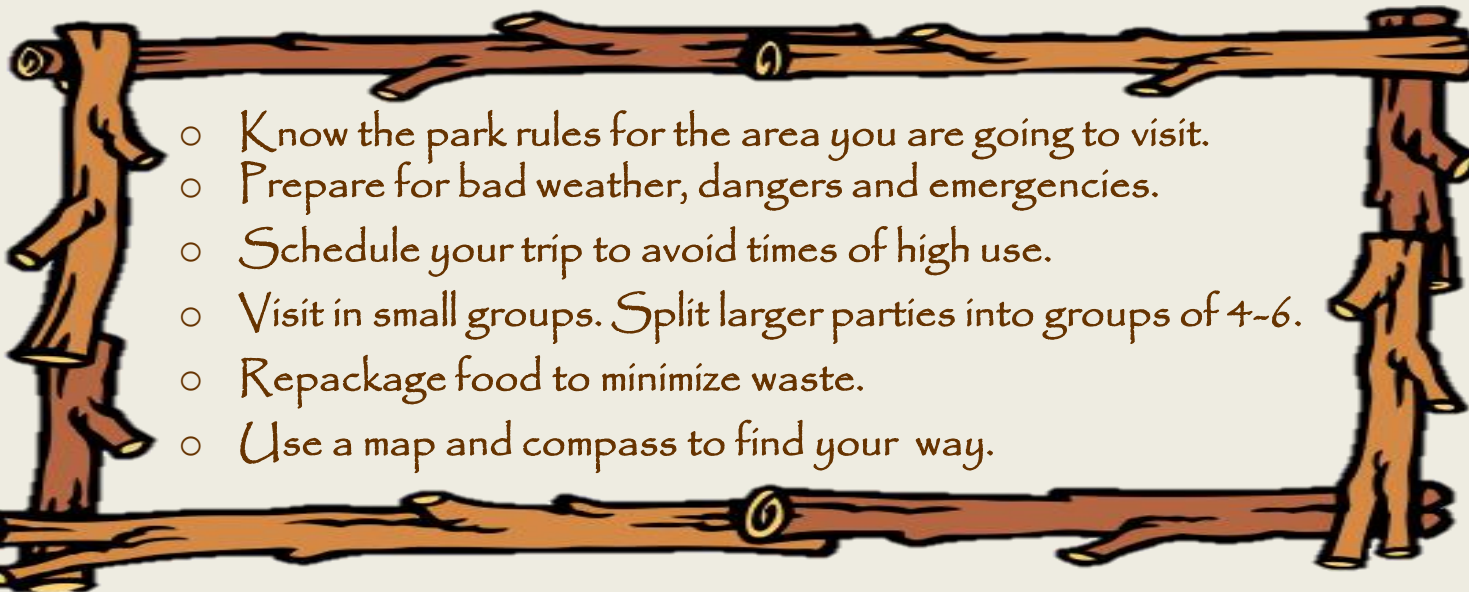
V _____ "

24 23 17 23 10 18 1 17

Make sure the fun you have in the outdoors does not bother anyone else. Remember that other visitors are there to enjoy nature. Listen to nature. Avoid making loud noises or yelling. If you meet other visitors on the trail, step to the side and let them pass.

1. Know Before You Go

There are many adventures waiting for you at Cheaha State Park. Before you go play, there are some things you should do:

- 
- Know the park rules for the area you are going to visit.
 - Prepare for bad weather, dangers and emergencies.
 - Schedule your trip to avoid times of high use.
 - Visit in small groups. Split larger parties into groups of 4-6.
 - Repackage food to minimize waste.
 - Use a map and compass to find your way.

FOR EXPLORING THE PARK:

- Make sure you let someone know where you are going and when you plan on returning.
- Obey park rules.
- Take a trail map with you.
- Stay on the trail.
- Look out for dead limbs or trees
- Make sure the campfire is dead before you leave the area.
- Pack out everything you packed in.

**Most importantly:
HAVE FUN!**



Gear Checklist (along with an adult!)

1. Water
2. Snacks
3. Sunscreen
4. Warm Jacket
5. Flashlight & Extra Batteries
6. Sunglasses/Hat
7. Insect Repellent
8. Extra Socks
9. First Aid Kit
10. Matches or a Lighter
(Only in an Adult's pack)
11. Emergency Shelter
12. Rain Jacket
13. Map & Compass
14. Pocket Knife
(only in an Adult's pack)

1. Know Before You Go

We need different things for different kinds of weather. Write down 3 things you would need in your pack for 3 different types of weather.



You and an adult are about to go into the forest for a hiking trip. Which items should you bring? You can write in some other items that you may want to take, but make sure your pack is not too heavy.

WHAT TO BRING



2. Travel and Camp on Durable Surfaces

- Use existing trails and designated or existing campsites.
- Walk single file in the middle of trails.
- Camp at least 200 feet from lakes and streams.
- Minimize resource damage.
- Good campsites are found, not made

What is a Durable Surface?

When we walk through the woods, we need to travel on durable surfaces. A durable surface is one that is tough, strong, and lasts a long time. Circle the durable surfaces you should travel on as you hike through the woods.

List 3 hard surfaces:

- 1.
- 2.
- 3.

List 3 soft surfaces:

- 1.
- 2.
- 3.

Use what you have learned to walk on durable surfaces and stay on the trail as you hike throughout the park!



Sand



Gravel



Leaf Litter



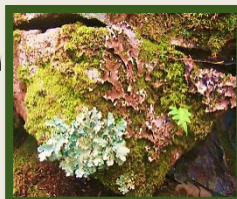
River



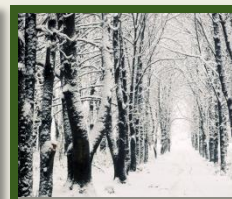
Flower Field



Bare Rock



Lichen & Moss



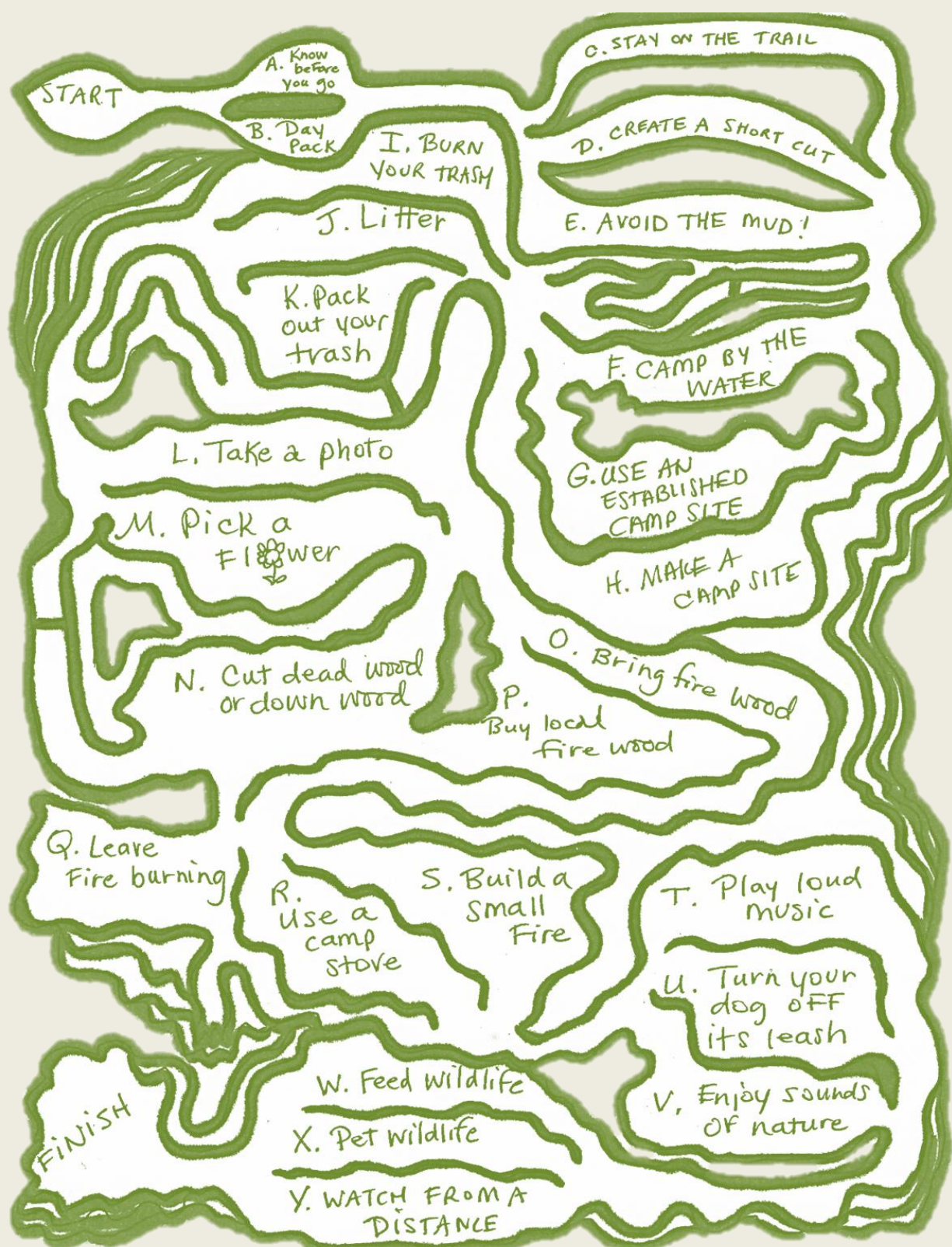
Snow



Ferns

2 Travel and Camp on Durable Surfaces

Stay on the trail, don't get lost, and don't hurt the environment on the way to your campsite. See how high your Leave No Trace knowledge score is!



Points	
A	-1
B	-2
C	-3
D	-1
E	-2
F	-2
G	-3
H	-1
I	-2
J	-1
K	-3
L	-3
M	-1
N	-3
O	-1
P	-2
Q	-1
R	-3
S	-2
T	-1
U	-2
V	-3
W	-1
X	-2
Y	-3

3. Dispose of Waste Properly

- Pack it in, pack it out. Inspect your campsite and rest areas for trash or spilled foods.
- Pack out all trash, leftover food, and litter.
- Deposit solid human waste in “catholes” dug 6 to 8 inches deep. Cover and disguise the “cathole” when finished.
- To wash yourself or your dishes, carry water 200 feet away from streams or lakes and use small amounts of biodegradable soap.

How Long will it Last?

Earth is the only planet we can call home. It is our responsibility to take care of our homes on this planet. Garbage is a big threat to our planet. Match the item with how long it will take that item to decompose.

		3 weeks
Glass	Hiking Boot	1 year
		10 years
Dirty Diaper	Wool Hat	50 years
		200 years
Aluminum Can	Banana Peel	Millions of years

List 3 things made from recycled paper products.

List 3 things made from recycled plastic bottles.

List 3 things made from recycled cans.

Why do you think recycling is important?

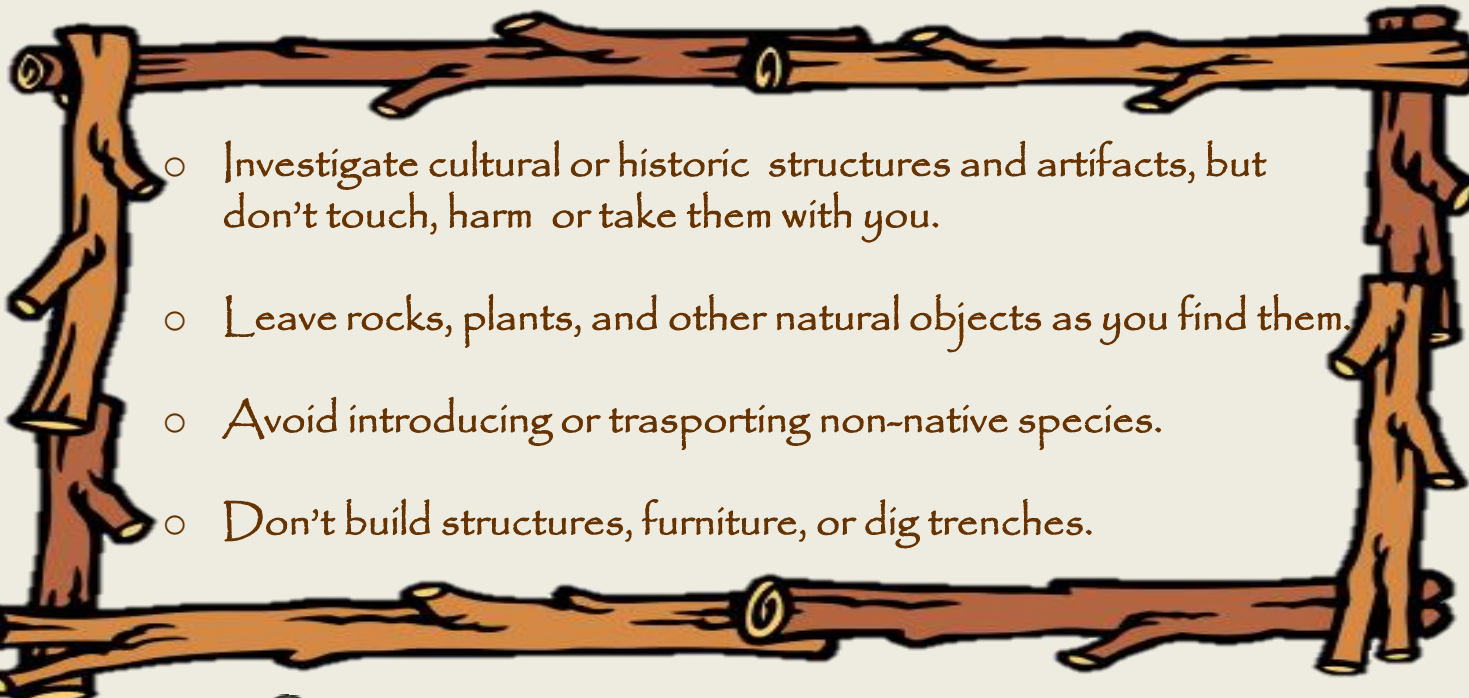
3. Dispose of Waste Properly

There are 2 types of litter. Leaf litter is natural “litter” which is produced by plants when they shed their leaves. Where do you think this litter goes? Animals like worms and insects eat the leaves and turn them into dirt. Human litter is unnatural “litter” that is ugly, hurts plants and animals, and is expensive to clean up. Human litter can make animals sick, harm their habitat, and last forever. Please help us take care of our animals by placing your trash in the trash can.

For this activity, grab a bag from the trash tube (located at any of our trail heads) and collect 1 bag of trash.

	Describe what you found	How far was it from a trash can?	What material is it made of?	Could this have been recycled?
1				
2				
3				
4				
5				
6				
7				
8				
9				
10				

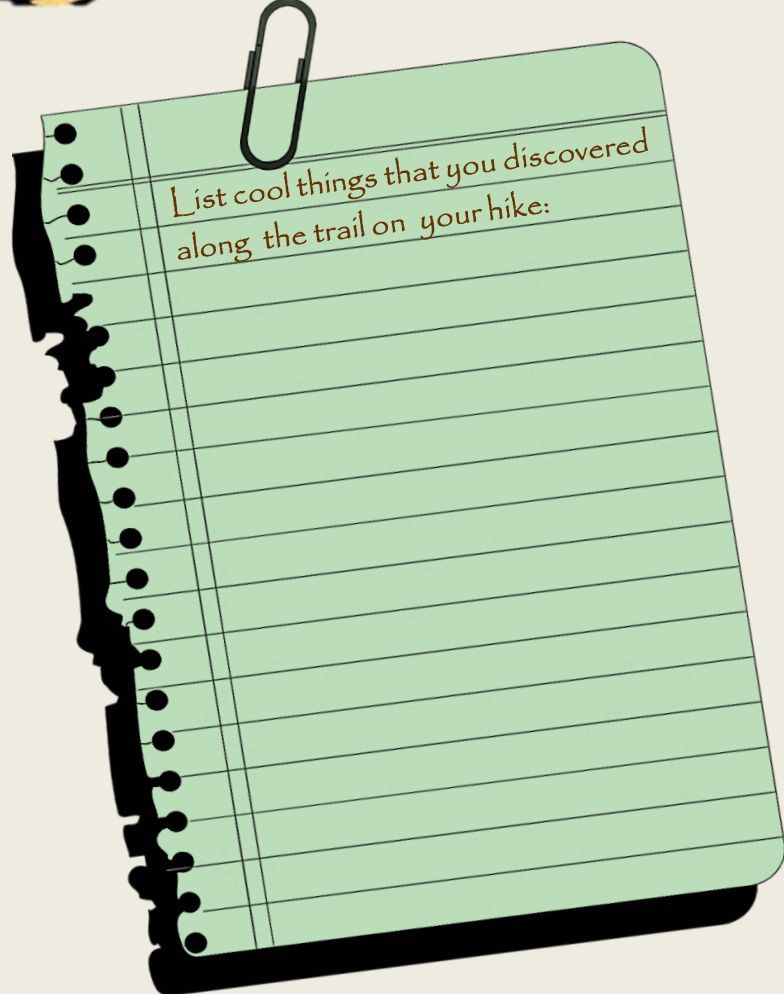
4. Leave What You Find

- 
- Investigate cultural or historic structures and artifacts, but don't touch, harm or take them with you.
 - Leave rocks, plants, and other natural objects as you find them.
 - Avoid introducing or transporting non-native species.
 - Don't build structures, furniture, or dig trenches.

A STEP IN TIME

We have two museums at Cheaha State Park. Visit the Civilian Conservation Corp Museum and the Native American Relic Museum for more information to answer these questions.

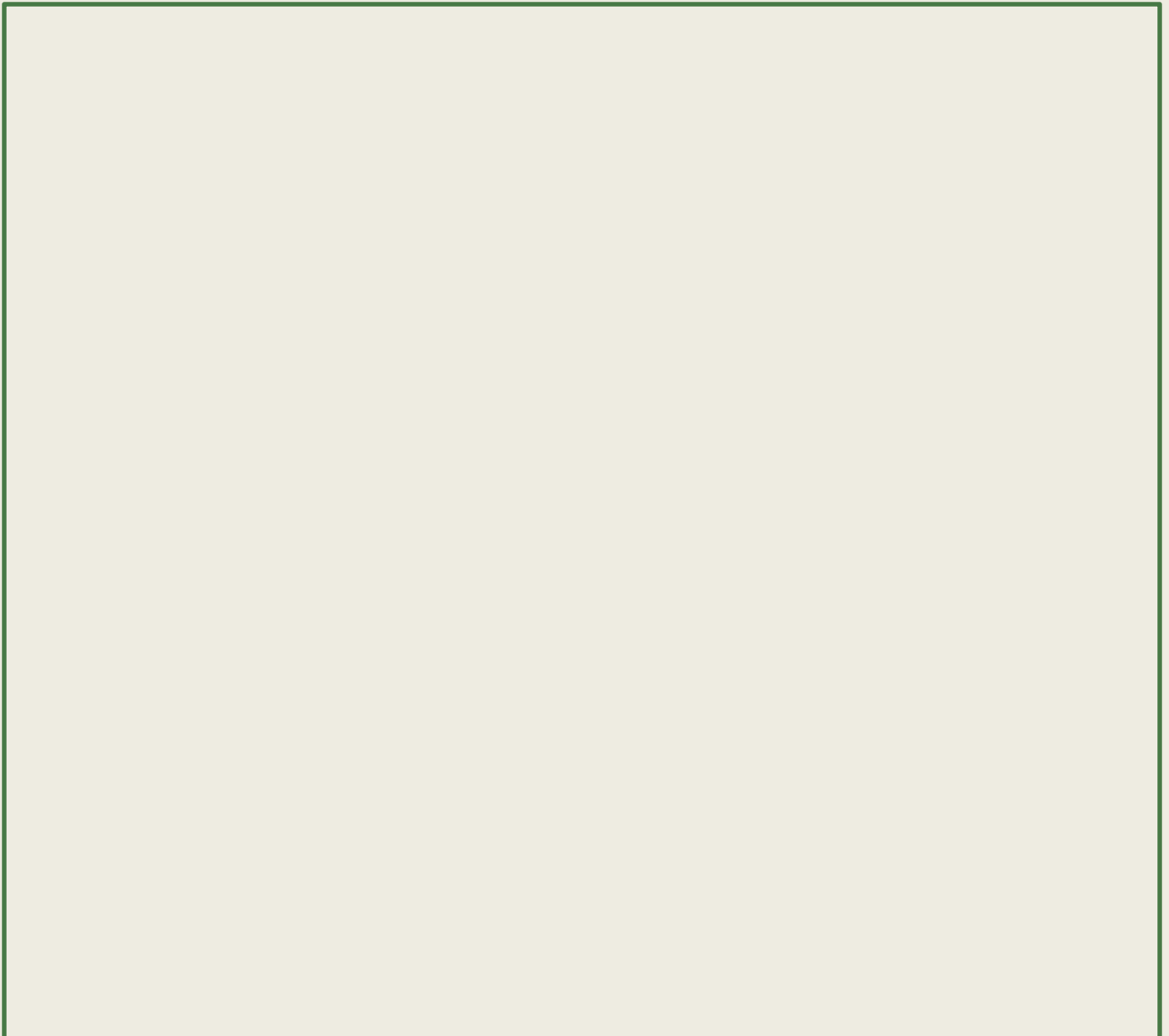
- Who lived here before this was a state park?
- What did they do? How did they spend their days?
- Did they name any lakes, rivers, mountains or valleys? If so, what and why?



List cool things that you discovered along the trail on your hike:

4. Leave What You Find

Cheaha State Park is the oldest state park in Alabama. There is history and beauty hidden in every nook, corner, and cranny of this park. We would like your help. Instead of taking things like flowers, rocks, arrowheads, or other natural treasures home with you, draw a picture of your favorite memory from your trip to Cheaha State Park.



5. Minimize Campfire Impacts

- Campfires can cause lasting impacts to the backcountry. Use a lightweight stove for cooking and enjoy a candle lantern for light.
- Where fires are permitted, use established fire rings, fire pans, or mound fires.
- Keep fires small. Only use sticks from the ground that can be broken by hand.
- Burn all wood and coals to ash, put out campfires completely, and scatter cool ashes.

Match the Campfire Alternatives



Camp Stove



Flashlight/Lantern



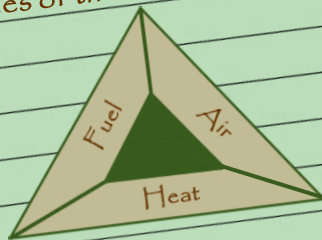
Mound Fire



Burn Pan

The Fire Triangle

There are 3 things fire has to have. We call those 3 things the fire triangle. The fire triangle is made from heat, fuel and air. If you remove any 1 of these 3 sides of the fire triangle, the fire will die. Can you think of an example for each 1 of the sides of the fire triangle?



Heat: _____

Fuel: _____

Air: _____

5. Minimize Campfire Impacts

A campfire is a great way to enjoy the great outdoors, but they can cause great damage. Every year millions of acres are burned from wildfires. It is very important to be VERY careful with fire. Before you think about having a campfire, check the park rules and make sure it is safe to have a fire. In a drought, a campfire can quickly turn into a wildfire. If there is no burn ban, the first step is selecting the place to have a fire. In the park, we want you to use the fire rings. You can also build a mound fire, use a fire pan, or use a camp stove

Firewood is important for making and maintaining a fire. Please do not bring firewood from your home to the park. Fungi and insects are on and in that wood. Some insects and fungi can kill a whole forest. Instead, we ask that you use local wood for fires. You will need three types of wood to start the fire: tinder, kindling, and fuel. To collect firewood, only gather dead sticks from the ground. It hurts trees to cut branches and fresh cut branches do not burn well. Ask an adult if you can have a fire tonight. If they say yes, help them by collecting the firewood to start the fire. Only adults need to start and maintain the fire.



Tinder
small twigs,
brown pine needles
dead leaves



Kindling
small sticks



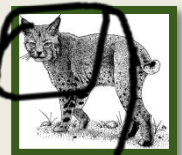
Fuel
big sticks

6. Respect Wildlife

- Observe wildlife from a distance.
- Never feed wildlife. Feeding wildlife damages their health, alters natural behaviors, and exposes them to predators and other dangers.
- Protect wildlife and your food by storing rations and trash securely.
- Control pets at all times on your trip.
- Avoid wildlife during sensitive times such as mating, nesting, raising young, or in winter.

Rule of Thumb

Stick out your arm out straight, put up your thumb, close or cover one eye, look down your arm to see if you can cover the wildlife with your thumb. If you can cover the wildlife fully with your thumb, you are at a safe distance. If you cannot cover the wildlife with your thumb, you need to back up and give the animal more space.



Too close, back up. You are far enough away.

List some ways you can treat park wildlife with respect:

6. Respect Wildlife

Everywhere we go there are sounds. Sounds are a great way to learn about your environment and the animals that call it home. Find a quiet place in nature and listen for ten minutes. Write or draw a picture of the sounds you heard and where they were in relation to you (the stick person).



Describe Your Surroundings:

7. Be Considerate of Other Visitors

- Keep your dog on a leash.
- Be courteous. Yield to other users on the trail.
- Take breaks and camp off the trail.
- Let nature sounds prevail.
- Divide large groups into smaller groups.

Connect The Dots



Why do you like to be in the woods?

What are your favorite things to do in the woods?

How can you make sure that everybody can enjoy the woods at the same time?

Cheaha State Park

Leave No Trace

Explorer's Club

Congratulations on completing your Leave No Trace Explorer's Club Workbook! You are almost done. Remove this sheet and fill out the Explorer's Club form and take it to the CSP Country Store or mail it to us at:



Cheaha State Park
2141 Bunker Loop
Delta, AL 36258



Your Name: _____

Address: _____

City: _____ State: _____ Zip Code: _____

E-mail: _____

School Name: _____

Grade: _____ Age: _____

Date You Finished All Activities: _____

Parent/ Family Member/ Friend (Adult), Please sign below.

I am verifying that _____

Completed the Leave No Trace Explorer's Club Booklet.

Adult Signature: _____

There is so much more to explore! We look forward to seeing you back in an Alabama State Park soon!



Thank you for supporting Alabama State Parks. Thanks to AL Amendment 2 (2016), every dollar you spend in a state park **STAYS** in a state park. Please visit us often to enjoy scenic beauty and play in Alabama's great outdoors.



For more information about Cheaha State Park, visit our websites: www.alapark.com/cheaha-state-park
www.facebook.com/CheahaStatePark/