

To minimize food waste,  
try not to cook more than  
you will eat.

A great way to minimize  
food waste is to prepare  
or practice making your  
meals at home before you  
go on your trip.

Okay! This is a great way to reduce food waste that you would otherwise have to pack out and throw away.

Okay! Preparing at home before you go is always a good idea, especially when it comes to food.

A bandana can be used to strain food particles from wastewater.

With left-over food, you should strain out the chunks and pack them out.

Okay! Catching food particles in a bandana allows the food particles to be thrown away while the water is disbursed.

Okay! Straining out chunks first will help make the cleaning process much easier. Pack out the food once finished.

Buying food in bulk is a great way to minimize packaging waste.

Repackaging food before you leave will reduce the amount of trash you have to deal with.

Okay! Purchasing food in bulk not only reduces packaging waste, but it is usually cheaper as well!

Okay! Repackaging food into different bags and containers can reduce the amount of trash that you will have to pack out while on your trip.

You can wash dishes right  
in the stream because  
soap is clean and won't  
impact water sources.

It's a good idea to always  
have a campfire.

No Way! Soap is a contaminant that will negatively impact a water source. This includes biodegradable soap.

No Way! It could be a very bad idea to have a campfire if there is a fire ban, drought conditions, or no way to minimize fire impacts.

Repackaging food is a  
waste of time.

Just leave your leftover  
food in camp.

No Way! While repackaging food may take some time, its value to reduce the amount of trash that you have to pack out makes it worth someone's time.

No Way! Leftover food would be consumed by animals and attract them to that area in the future, negatively impacting people that come to camp at that site and the animals as well.  
(Humans might hurt or kill them.)

Store food in a bear resistant container in your tent.

Canned food is a great food to bring backpacking.

No Way! While it is important to store food in a bear proof canister, you should never keep that canister in your tent. Animals can still smell food through the canister!

No Way! Canned food is heavy, doesn't often support the needs of a group. and produces a lot of heavy garbage that you will have to carry out.