

OVERLAND TRACK



Leave No Trace



National parks and reserves all over the world have adopted the 7 principles of Leave No Trace to minimise our impacts on the natural places we visit. Please help keep the Overland Track beautiful for future generations by following these 7 principles.

1 Plan ahead and prepare

- Know the regulations and special concerns of the area you will visit.
- Prepare for extreme weather, hazards and emergencies.
- Repackage food to minimise waste.

There are no rubbish services on the track. Remove all excess food packaging to avoid carrying more weight than necessary.

- Take maps and compass or GPS and know how to use them, especially when taking side-trips.

2 Walk and camp on durable surfaces

- Always walk on tracks, even when wet or muddy, to avoid unsightly track widening.

Trackwork is a never-ending project on the Overland Track. You will come across occasional boggy sections. When you can, please carefully wade through the centre of boggy sections. A trek pole is useful to check the depth of the bog, while gaiters help keep your lower legs dry.

- Durable camping surfaces include tent platforms and established campsites.
- Protect plant life – avoid spread of Phytophthora and other soil-borne diseases by keeping boots and camping equipment clean.

BIOSECURITY

The Overland Track is part of the Tasmanian Wilderness World Heritage Area. It is currently free of many pests, weeds and diseases – and we'd like to keep it that way. Our biggest threats are didymo (from New Zealand), phytophthora root rot, chytrid frog fungus, platypus mucor disease, myrtle rust and weed seeds. Before you pack, CHECK, CLEAN AND DRY all clothing and camping equipment, paying special attention to boots, Velcro (on gaiters and jackets), pockets, tents, tent pegs, trowels and trek poles. On arrival at Cradle Mountain Visitor Centre, use the boot washdown station before you depart. For further information please refer to our Biosecurity Factsheet (4.3MB).

In pristine areas:

- Disperse use to prevent the creation of campsites and tracks.
- Avoid places where impacts are just beginning.

3 Dispose of waste properly

- Pack it in, pack it out. Check campsites and rest areas for rubbish and spilled food. Pack out all rubbish and leftover food.
- If there's a toilet, use it. Otherwise bury all faecal waste and toilet paper in holes 15-20cm deep at least 100m from water, camps and tracks. Cover and disguise the hole when finished.
- Carry out any sanitary pads, tampons and condoms.
- Wash up using hot water, preferably without soap or detergent. Dispose of washing-up water in the drains at hut sites, or 50m away from water sources.
- Wash your body at least 50m from water sources.

Please do not burn your rubbish in the hut heaters. Much of it is inflammable and/or will release toxic gases as it burns. Composting toilets can only receive your waste, toilet paper and food scraps. Anything else (including plastic) will restrict the composting process. Please don't leave unwanted food and clothing in the huts.

4 Leave what you find

- Respect Aboriginal sites and other sites of cultural significance.
- Preserve our past: examine but don't touch cultural or historic structures and artefacts.
- Leave rocks, plants and other natural objects as you find them.

5 Use a fuel stove - minimise the impacts of fire

- The entire track is a Fuel Stove Only Area. Fires are not permitted. Carry and use a fuel stove. (Hut heaters cannot be used for cooking.)

Check your fuel stove before starting the walk to ensure it works! Use the metal fuel plates on the tent platforms to cook upon, or the cooking benches or tables inside the hut. Do not place fuel stoves or hot pots on vegetation, or dispose of hot cooking water on vegetation. Ensure you have the right type of fuel for your stove. On the Bass Strait Ferry (Spirit of Tasmania) and on airlines you cannot bring flammable items such as fuel-stove fuel. Fuel stoves and fuel bottles must be empty, cleaned and aired for 6 hours prior to any flights - check with your airline for specific instructions.

6 Respect wildlife

- Keep wildlife wild. Feeding animals can turn them into pests and may make them sick.
- Store food and rubbish securely to discourage wildlife from finding it.
- Observe wildlife from a distance. Do not follow or approach wildlife.

The smell of food will have native animals raiding your pack, rattling your cookware, rifling through your rubbish and even breaking into your tent! Nocturnal visitors include brush-tailed possums, eastern quolls and spotted-tail quolls, while during the day currawongs may attack unattended packs in search of food. At night, hang your food and rubbish in the huts or stow securely in your packs. The vestibule of your tent is not a secure place. Rigid plastic containers are useful for storing food. Do not feed animals. Ensure that no food scraps are left in huts or outside. Processed food is not part of their natural diet and, in some cases, can lead to the death of native animals, as well as result in unnaturally high populations occurring in the vicinity of huts.

7 Be considerate of other visitors

- Respect other visitors and protect the quality of their experience.
- Let natural sounds prevail – avoid loud voices and noises.



Overland Track
CRADLE MOUNTAIN – LAKE ST CLAIR
NATIONAL PARK
TASMANIA



Share
the wonder