



GOING IN THE FOREST

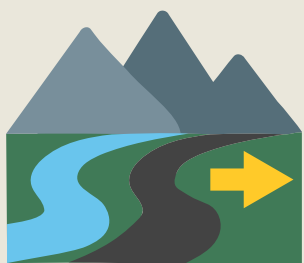
When toilet facilities are closed or unavailable...

Proper disposal of human waste is important to avoid pollution of water sources, avoid the negative implications of someone else finding it, minimize possibility of spreading disease and maximize rate of decomposition.

First a word about Number One: Women should pack out or bury toilet paper after peeing. Don't leave TP flowers on the ground. Move at least 200 feet away from any water sources, trails, parking areas and campsites.

Number Two: WAG bags* (Blue Bags) are the best option for poop. Catholes are the next best way to properly dispose of human waste.

Here's how to dig a cathole and go in the forest:



Move at least 200 feet (about 70 steps) away from any water sources, trails, parking areas and campsites.



Choose a sunny site with rich soil that's free from roots and large rocks. Sunlight and soil help your waste decompose faster.



Use a trowel, stick or rock to dig a hole that is 4–6 inches wide and 6–8 inches deep.



After you've done your business, fill in hole with the original dirt and completely cover it using natural materials. Pack your toilet paper or wipes in a double ziploc bag and carry it out with you. If using biodegradable toilet paper you can bury it in the hole.



Forest Service

* More information about Going in the Forest

www.fs.usda.gov/goto/numbertwo

