On narrow trails, give those leading or riding animals the right of way.

Stay on the trail, especially trails that zigzag up and down steep grades. Saving a few steps by sliding down from the upper to the lower trail, or by scrambling up from one to the other, ruins the trail.

Of course, no sensible guy throws rocks or sticks while on the trail. For one thing, someone might be hit. For another, a landslide could result. It doesn't take much to start a slide—so be careful when climbing not to dislodge rocks, loose shale is particularly dangerous.

Refasten any loose or fallen trail signs you come across.

When you come to a stream and want to cool your feet, dip a cup or a pot into the stream and pour the water over your feet. Soaking your feet in the stream is now taboo.

Also, speaking of water... drink only what you carry from home or camp, unless you come to a spring that is posted with a "Safe Drinking Water" sign.

And lay off carving on trail signs or trees. Nobody else cares that you passed that way. Besides, it ruins signs and hurts trees.

When you come across trash on the trail, pick it up and stuff it into a space plastic bag that you empty out at home or camp.

Along the trail, if you've gotta go, "scoop out a small cat hole" at a campsite mark the covered-over latrine with an upright stick with the date used written on it so next group won't dig in same place.

Obey all "Keep off, Private!" and "No Trespassing" signs. Cross private property only with the owner's permission. Leave gates the way you found them and don't climb fences. (Barbed wire fences can easily rip your clothes and electrically charged cattle fences can give you a painful jolt.) When you stick to blazed trails or side roads you avoid all trouble. Hike along highways only when it's absolutely necessary.

If you're stop at a campsite, cook, carry away all unburnable trash in a litter bag when you leave. Lay your fire on a burned-on spot rather than a fresh place. Follow all fire-making rules. When finished, stack wood for the next group to use. Put leftover tinder in a plastic bag under the wood pile.