



JOHN MUIR TRAIL



Minimum Impact Wilderness Regulations

The John Muir Trail (JMT) passes through multiple parks and forests. Additional regulations may apply for side trips or alternate routes.

General Travel Requirements

- Wilderness permits are required for all overnight travel.
- A signed permit must be in the permittee's possession and must be presented to a ranger upon request.
- Group size limit is 15 people or less.
- To prevent erosion, please walk in the middle of the trail and do not short-cut trails even if it is muddy or snowy.
- Do not build rock cairns or other trail markers.
- No catching food or gear in wilderness.
- Pack out all trash, including toilet paper.
- Wheeled vehicles or motorized equipment are prohibited in wilderness.

Yosemite, Sequoia and Kings Canyon National Parks

- Pets are not allowed
- Off-trail group size limit 8 people in Yosemite, 8 to 12 people in Sequoia and Kings Canyon NP.
- Discharge of any firearm or weapon is prohibited. Possession of weapons, including bear spray, is prohibited. Possession of firearms is subject to state regulations.

Food Storage

In all wilderness areas along the JMT, **proper food storage is mandatory.** Properly store food items when not in use to prevent bears and other wildlife from becoming conditioned to human food. Items that must be secured include all types of food, food related trash, and scented items such as toiletries, soap, toothpaste, ointments, and lotions.

Proper Food Storage Methods

- Portable food storage container (bear canister) is the recommended method of protecting your food. Ensure the lid is closed properly and store the canister on the ground 50 feet from your sleeping area.
- Permanent Food Storage Box (limited locations) are for on-site use only, caching a food resupply is prohibited.

Animal Resistant Food Storage Container Required Areas along the JMT:

All of Yosemite NP wilderness, Donahue Pass to Reds Meadow, Duck Lake to Lake Virginia, Dusy Basin/Bishop Pass corridor, Pinchot Pass to Forester Pass, Kearsarge Lakes/Pass corridor, Whitney Zone, Rock Creek/ Cottonwood Pass/ Cottonwood Lakes.

Park allowed food storage containers may be used for all areas of JMT.

Counter-balance hanging technique may be used where portable containers are not mandatory. However, food items must be suspended at least 15 feet in the air and 10 feet out from the trunk of the tree with no rope hanging down. Where trees are not adequate for hanging food you must use a portable food storage container.

Report any wildlife-related injuries, property damage or unusual encounters to a ranger.

Sanitation & Waste Disposal

Please pack out all garbage. Do not burn or bury trash.

- To protect water quality and public health, move well of trail, away from camp, at least 100 feet away from all water sources to urinate.
- Solid human waste must be buried in soil 6 to 8 inches deep, at least 100 feet from trails, camps, and all water sources. Pack out all toilet paper and hygiene products to preserve the wilderness experience for others.
- All soap, including biodegradable soap, can injure fish and other aquatic wildlife. Carry wash water 100 feet from lakes, streams or other water sources before washing. Strain dishwater and pack out solid particles, scatter grey water 100 feet away from water sources. This includes washing clothes, dishes, and yourself.

Mt. Whitney Zone: All visitors are expected to pack out their solid human waste from the Mt. Whitney Zone.

Southbound JMT hikers can pick up a waste disposal kit at Crabtree Meadows trail junction. All used waste kits must be packed out and deposited in the designated containers next to the restrooms at Whitney Portal trailhead.

Learn more at LNT.org

Campsite Selection

In all wilderness areas along the John Muir Trail (JMT) campsites must be on **durable surfaces such as dirt, gravel or rock a *minimum* of 100 feet (30 meters/40 paces) away from water sources and the trail.** Do not camp on vegetation or in meadows. Campsites should not be visible from the trail. Do not construct rock walls, trenches, new fire rings (or add rocks to existing fire rings), bough beds, camp furniture, etc.

Yosemite National Park: No camping on Half Dome or within four trail miles of Tuolumne Meadows, Yosemite Valley or Glacier Point.

Ansel Adams Wilderness: No camping at Shadow Lake, between Shadow Creek and the trail and the south and east side of Ediza; within a ¼ mile of the outlet of Garnet Lake; within a ¼ mile of the outlet of Thousand Island Lake.

John Muir Wilderness: No camping within 300 feet of the outlet of Duck and Purple Lakes; at Mirror Lake and Trailside Meadow on the Mt. Whitney Trail. Legal camping cannot be found at: Squaw Lake; Pocket Meadow; Bear Creek Trail junction for 2 miles south. Camping not recommend in Blaney Hot Springs area.

Sequoia and Kings Canyon National Parks: Two night camping limit at Dusy Basin (basin-wide). Rae Lakes area, no camping within ¼ mile of Bullfrog Lake, one night camping limit per lake between Dollar Lake and Glen Pass, and a two night camping limit at Charlotte and Kearsarge Lakes. Mt. Whitney/Crabtree area, area, no camping at Timberline Lake, two night limit at Crabtree/Whitney Creek and Guitar Lake. Trips cannot exceed 25 nights per trip in SEKI.

Campfire Regulations



DROWN



STIR



FEEL

Help to leave no trace of your visit by considering not having a campfire. If you must, please do the following: where fires are allowed, use existing fire rings. Do not build new ones or add rocks to existing fire rings. Leave your ax and saw at home. Use only dead wood found on the ground. Do not chop live vegetation or remove dead branches from trees.

Fires must be attended at all times. Do not burn trash. Drown the fire with water, stir the ashes, feel to make sure it is cold. Do not use dirt to put out fires.

Note that during times of high fire danger, additional campfire restrictions may be implemented. Use of a wood-burning camp stove is not allowed where campfires are prohibited.

Site-specific campfire closures exist outside of the JMT corridor. See agencies for more details if planning a detour

Yosemite National Park: campfires are prohibited above 9,600 feet in elevation. Campfires are prohibited in the Cathedral Lakes Basin.

Ansel Adams Wilderness: Campfires prohibited in all areas above 10,000 feet elevation. Additional areas closed to campfires below 10,000 feet:

Badger Lakes, Clark Lakes, Lower Davis Lake, Ediza Lake, Emerald Lake, Garnet Lake, Gem Lake (north side), Iceberg Lake, Minaret Lakes, Ruby Lake, Rush Forks, Shadow Lake and Creek, Thousand Island Lake, Waugh Lake.

John Muir Wilderness: campfires are prohibited for all areas above 10,000 feet north of the Glacier Divide, and above 10,400 feet south of the divide. Additional lower elevation no campfire areas:

Coldwater Canyon, Duck Creek, Purple Creek, McGee Canyon, Pocket Meadow area, Blaney Hot Springs area, Kearsarge Pass/Onion Valley, Mt. Whitney Zone, North Fork of Lone Pine Creek, and within 1,000 feet of Anvil Camp on the Shepard Pass Trail.

Sequoia and Kings Canyon National Parks:

No fires in all areas above 10,000 ft. in elevation along the JMT-PCT corridor.

