



State of Utah

GARY R. HERBERT  
Governor

SPENCER J. COX  
Lieutenant Governor

Department of  
Environmental Quality

L. Scott Baird  
Executive Director

Kim Shelley  
Deputy Director

**NEWS RELEASE**

Tuesday, Aug. 4, 2020

CONTACT

Jared Mendenhall  
Public Information Officer  
Cell: 801-707-0817  
[jmendenhall@utah.gov](mailto:jmendenhall@utah.gov)

***GottaGoUtah.Org Promotes Responsible  
Outdoor Bathroom Etiquette in Utah's Public Lands***

SALT LAKE CITY – To help Utah residents recreate responsibly outdoors, the Utah Department of Environmental Quality's (DEQ) Division of Water Quality (DWQ), Utah State University Extension Water Quality, the Southeast Utah Health Department, and the Utah Water Quality Task Force launched [GottaGoUtah.Org](http://GottaGoUtah.Org). This online tool provides outdoor enthusiasts with tips and resources about proper outdoor bathroom etiquette in Utah's public lands.

Leaving no trace involves more than just packing out garbage. Proper disposal of human waste is also an important piece of this puzzle and one that ensures against the pollution of water sources, the negative consequences of someone else finding the waste, and minimizes the spread of disease.

"The mountains and deserts of Utah offer unparalleled access to some of the best outdoor recreation in the United States," says Jodi Gardberg, an environmental program manager with DEQ. "Along with access, comes a responsibility to recreate sustainably. This means dealing with human waste so it doesn't spoil our fragile waterways or spread disease."

In most locations, burying human feces is the best and most effective method to protect water and other visitors. In some cases, however, solid human waste must be packed out.

As more and more people enjoy parks and protected areas around Utah, packing out human waste is likely to become a more common practice. This practice will ensure the long-term sustainability of our public lands. It is important to follow these human-waste disposal guidelines:

**1. Know Before You Go**

For most recreational activities, you can simply bury human waste in a cat hole, but some locations require special equipment. Use maps to plan out your trip and look online for proper waste disposal methods and equipment. Check out agency websites like the [U.S. Forest Service](http://U.S. Forest Service), [Bureau of Land Management](http://Bureau of Land Management) or [National Park Service](http://National Park Service) to know before you go.

**2. Be Prepared**

Before you leave, determine how you will properly dispose of your waste during or after your trip. Bring a small trowel and toilet paper if you are headed to the forest. Bring a [WAG bag](#), or [similar equipment](#), if you are going to a location that requires you to pack out your waste.

### **3. Go Before You Go**

A great first step to protecting other visitors, wildlife and the environment is to just go before you go by using a bathroom or outhouse before you head out on your trip.

To learn more about dealing with human waste in the wilds of Utah, visit [GottaGoUtah.Org](#).

#### **About DEQ**

Established in 1991, the Utah Department of Environmental Quality's (DEQ) mission is to safeguard and improve Utah's air, land and water through balanced regulation. DEQ implements state and federal environmental laws and works with individuals, community groups and businesses to protect the quality of Utah's air, land and water. For more information, visit [www.deq.utah.gov](http://www.deq.utah.gov), follow DEQ on Facebook ([utahdeq](#)) and Twitter ([UtahDEQ](#)).