

## CALL TO ACTION

# COMBAT PLASTIC POLLUTION

### Reduce Plastic Use and Waste When Traveling

We all need time to get away and to experience new places. On vacations, road trips, family outings, and camping adventures, here are some things you can do when "getting away." Remember there is no "away" for the waste we make.

**Plan ahead.** In addition to the hiking trails or "must sees" for your vacation, also remember to plan for minimal waste on your trip. Planning ahead for snacks, drinks, and bringing your various reusables can minimize "on the go" waste.

**Use bulk and refillable options whenever possible.** A variety of trail mixes, granolas, candy and nuts are sold in bulk for snacking. For longer backpacking and camping trips, an assortment of grains, beans, and soup mixes for meals can also be found in the bulk aisle. Bring your own reusable bag to further reduce packaging. Shampoo and dish detergent can be refilled in reusable containers.

**Look for alternatives to single-use plastic packaging.** Weight can be an important factor when backpacking. But lightweight single-use plastic packaging is also more prone to blow away in a gust of wind. Choose more durable, reusable bags, beeswax wrapping, and small containers.

**On-the-go water filtration.** Not sure you are going to enjoy the taste of the water from an area you are visiting? There are many reusable bottles that have filtration systems included. Binchotan charcoal filters can be used in a water bottle and contain no plastic.

**Consider making your own trail mix or granola** with oats, dried quinoa, freeze-dried fruits, and more. **Bryce's Granola Recipe** - combine oats, sunflower seeds, coconut oil, honey, salt, dried raspberries, and coconut flakes until you get even clumps; spread on a baking sheet and cook at 350 for 20-25 minutes. If you mix the above ingredients in a melted nut butter of your choice (peanut, almond, sunflower) and cool in the fridge in a pan for a couple of hours, you have homemade energy bars to take on the go.

If an item like glass or paper **can be recycled in your hometown**, but not in the area you are visiting, bring these items home with you so that they can be recycled.

**Refuse BPA-lined receipts and bags** from the souvenirs you purchase. **Consumable gifts** or items made from sustainable materials are more meaningful to bring back to loved ones than plastic trinkets.

**Compostable dog waste bags do not break down** in a natural setting. Take your dog waste with you.

On **extended backpacking trips**, learn area guidelines on dealing with human waste.

Pack a trowel when permitted. Some anti-microbial reusable options are available as alternative to toilet paper.



If you are a home composter, keep a small canister for items that can be composted in your car. A small coffee container can be reused for this purpose.

Bring **utensils**, as many grab-and-go food establishments rely on single-use tableware. For hot drinks, your utensil can also replace a **single-use stirrer** in your **reusable mug**.

If **eating out** is a part of your vacation, remember to bring a reusable container for **leftovers**.

Purchase **durable camping and outdoor equipment** that lasts; **repair** rather than replace your equipment, and shop second-hand when possible.

**Rethink and pare down your self-care routine.** There are reusable options for cotton balls and swabs, tissues, plastic-free dental floss, reusable menstrual cups and more to pack with you. A search for "zero waste travel products" will help find alternatives.

Bring a **reusable cup/lid(straw)** to the soda fountain at gas stations or fast food joints. If you go inside instead of the drive-through, you save gas from idling as well as reduce single-use waste.

Propane canisters **cannot be recycled in a curbside bin**. Drop off at a Hazardous Waste location near you so that they can be properly recycled. Backpacking fuel canisters (butane/propane fuel) might be recyclable in your area with extra precautions

Choose **filling, simple meals of grains, beans, and dried veggies** over single-use "cook in pouch" options when camping. Many of these are available in bulk bins.

Check out [www.int.org](http://www.int.org) for more Leave No Trace principles

## **Rethink Who is Responsible for Plastic Pollution**

Demand from your local, state, and national representatives legislation on **Extended Producer Responsibility, bottle bills and bans** which can include take-back programs, minimal packaging, and required recycled packaging content. You just might find allies in local government who are burdened by the increasing costs of waste disposal and management of plastics.

Learn more about the 8 actions the President can take to minimize plastic production and pollution at [www.plasticfreepresident.org](http://www.plasticfreepresident.org) and sign the pledge to show your support. The Azulita Project is proud to be a convening partner of the #PlasticFreePresident campaign.

Learn more about the Break Free from Plastic Pollution Act [www.breakfreefromplastic.org/pollution-act](http://www.breakfreefromplastic.org/pollution-act). Let your Congress Members know that you support the Act and vote for candidates that discuss policy changes for plastic pollution.

**Ask the producers of your favorite products to reduce their packaging**, use alternatives to plastic and bioplastics, or to increase the recycled content of their packaging. A quick message on social media can help start to change policies within the company.

The Azulita Project is a Flagstaff-based 501(c)3 nonprofit that addresses waste plastic pollution in inland and coastal communities through direct action, including education and advocacy, single-use plastic reduction, and supporting plastic recapture and recycling efforts.