

# 9 WAYS TO TRAVEL WITH LESS PLASTIC

Eight million tonnes of plastic are dumped in our oceans every year and without worldwide effort, there could be more plastic in the sea than fish by 2050\*.

We're all becoming increasingly aware of our unsustainable demand for single-use plastics and the damage this is doing to our world. There's no time like the present to start reducing our own plastic consumption and begin travelling more sustainably.

Whilst it's easy to get into good habits at home, it can seem much harder to reduce the use of plastic when travelling. But to show how easy it can be, here are 9 handy tips to help you reduce plastic waste whilst on a trip...

\* WWF

## DON'T FORGET!

**RAISE AWARENESS WITH YOUR  
FELLOW TRAVELLERS ABOUT  
AVOIDING SINGLE-USE PLASTIC.**

**IT'S ONE OF THE BEST THINGS WE  
CAN ALL DO FOR OUR PLANET!**

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1. CARRY A REUSEABLE DRINK BOTTLE
  2. TAKE REUSEABLE CONTAINERS TO CARRY SNACKS
  3. SAY NO TO PLASTIC STRAWS
  4. USE REUSEABLE TOILETRY BOTTLES
  5. SHOP AT LOCAL MARKETS TO AVOID EXCESSIVE PLASTIC PACKAGING
  6. PACK REUSEABLE SHOPPING BAGS
  7. CARRY YOUR OWN CUTLERY
  8. CHOOSE ICE-CREAMS IN CONES NOT TUBS
  9. THINK TWICE ABOUT AIRLINE FOOD WHICH IS OFTEN WRAPPED IN PLASTIC FOR TRANSPORTATION

#PlasticPollution