

AVOIDING THE UNNECESSARY

Intention	Action
Avoid over-consuming	▪ Pack everything I envisage I need for a life on the road to avoid duplicating purchases of things I had at home ▪ Recognise when I do not need to consume something and refrain from buying/accepting it. ▪ Buy second-hand whenever I can ▪ When restocking food/toiletry supplies, buy only the quantity I need. If I have to buy a bigger quantity, share it out with fellow customers or someone else in need. Buy loose.
Avoid disposable plastics, including: bottles, jars, bags, netting, takeaway cups, punnets, cutlery, drinks cans (lined with plastic)	▪ Reject plastic-wrapped products ▪ Buy from local produce markets and health food shops, where packaging is often minimal ▪ Use refill cup/ lunchboxes /wax wraps for takeaways and leftovers ▪ Do not buy bottled water ▪ Ask icecream vendors not to give me a spoon. I have my own.
Avoid other disposable products and packaging	▪ Use refill bags and lunchboxes ▪ Buy loose fruit and vegetables ▪ Use refill cup/Tupperware/wax wraps for takeaways and leftovers ▪ Request minimal packaging from shops ▪ Ask for on-tap drinks at pubs and restaurants ▪ Request no till receipt (BPA-covered) ▪ Refuse bioplastics unless there is guarantee of them being collected and taken to appropriate bioplastic digestion facilities
Avoid bottled water	▪ Drink tap water when potable ▪ Use MSR water filter and charcoal stick as standard