

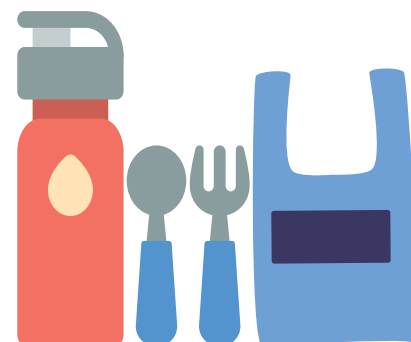
# Plastic Free July travel bingo

Make these changes to reduce your plastic pollution on your summer holiday. Tick the box for each action you complete and check out the next page for more information.

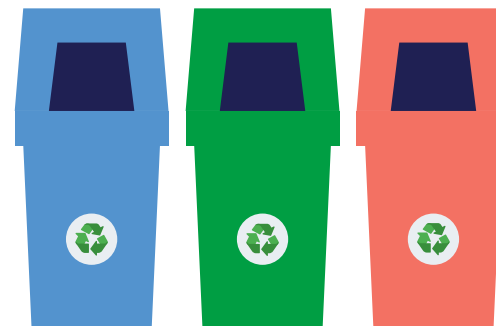
Try a shampoo bar to avoid a single-use plastic shampoo bottle



Pack your reusable on-the-go items



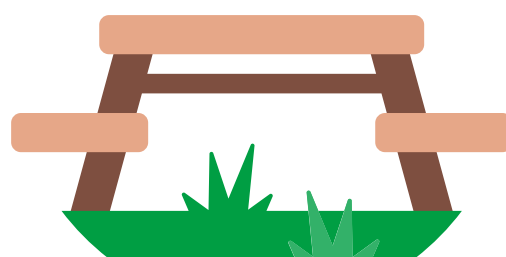
Recycle whilst you're on holiday



Take a photo of you tackling plastic pollution



Dispose of your litter responsibly, including BBQs



Choose toys that will last for years to come



Refill your reusable water bottle



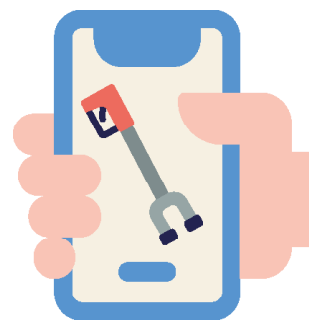
Read an environmental book



Need some holiday clothes? Buy second-hand items



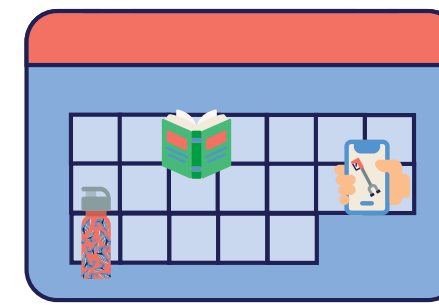
Do a litter pick and log litter on a citizen science platform



If bins are overflowing, take your litter home



Pledge to keep a change you have tried for 2022



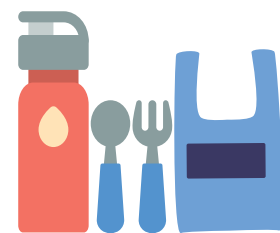
### Try a shampoo bar to avoid a single-use plastic shampoo bottle

A recent poll suggested if everyone made this change 260 million bottles would be saved each year in the UK.<sup>1</sup> Plus it won't spill in your bag.



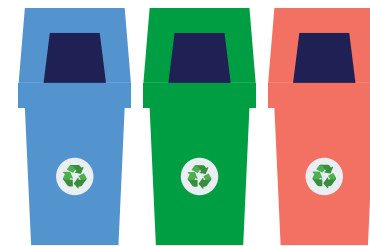
### Pack your reusable on-the-go items

Pack your reusables, including water bottle, coffee cup, cutlery and bags. Read [City to Sea's blog](#) for some simple reusable switches to try.



### Recycle whilst you're on holiday

Check out what you can recycle locally where you are staying.



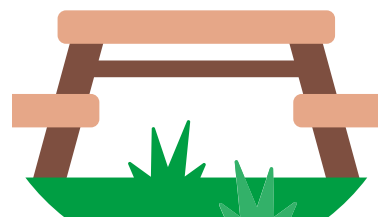
### Take a photo of you tackling plastic pollution

Send it to our team mailbox to inspire others if you are happy for it to be used in future communications. [plasticsandsustainability@environment-agency.gov.uk](mailto:plasticsandsustainability@environment-agency.gov.uk)



### Dispose of your litter responsibly, including BBQs

Despite minimising your waste, there's a high chance you will have produced some. Collect it and dispose of it correctly. For example, there may be dedicated BBQ bins.



### Choose toys that will last for years to come

This will reduce your waste and resource consumption. Second-hand items may be available too. Accommodation may even have toys to borrow.



### Refill your reusable water bottle

Find places where you can refill your reusables via the [Refill app](#). Log a refill to see how many single-use plastic bottles you have saved.



### Read an environmental book

This can bring you closer to nature and inspire you to protect our planet. Try reading Turn the Tide on Plastic or the children's book Duffy's Lucky Escape.



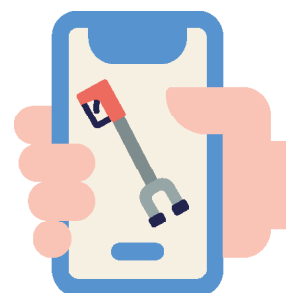
### Need some holiday clothes? Buy second-hand items

Avoid buying something new to reduce the amount of virgin resources consumed. This may be a good opportunity to visit your local charity shop.



### Do a litter pick and log litter on a citizen science platform

Inform and contribute to scientific research by using the [Preventing Plastic Pollution database](#).



### If bins are overflowing, take your litter home

Do not leave your litter beside an overflowing bin as this could cause plastic to enter the environment



### Pledge to keep a change you have tried for 2022

All your individual efforts add up to make a significant positive impact.

