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# YOUR ZERO WASTE CAMPING GUIDE

## Garbage bags

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When camping it can be difficult for some to avoid plastic bags for collecting and disposing of food scraps, trash, and recyclable material. However, there are (cheap) alternatives, such as waterproof, reusable shopping bags that can serve as garbage bags while camping.

## No plastic bottles

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Finding water can sometimes be challenging when travelling and camping, because of water safety issues and restrictions. This is no excuse to purchase bottled water, however. A better alternative is to simply boil or filter the water and refill a large, reusable water jug.



If you think you have to compromise on your Zero Waste lifestyle while camping, think again. There are a lot of ways to follow your Zero Waste values.

Below, we provide a Zero Waste Packing List that you can use when planning your next camping trip.

**Have fun on your Zero Waste camping trip!**



## Zero Waste Packing List

- Reusable cups, plates, and cutlery
- Food in reusable containers (use collapsible containers, if possible, to make the most of your storage space)
- Additional containers for leftovers and snacks you may pick up along the way
- Reusable coffee mug
- Reusable straw (e.g. stainless steel), if needed
- Reusable shopping bags
- Large reusable and washable bags for garbage, recycling, and compost
- Refillable water containers
- Biodegradable camp soap for washing dishes (some can also be used as shampoo and soap)
- Flashlight with reusable batteries
- Firesafe pots and grills for cooking (rather than aluminium foil)
- Spices, cooking oil, and butter in small, reusable containers
- Essential tools (e.g. to fix your tent), so you don't have to buy new ones on the way, if the unforeseen happens
- Reusable cloth tissues and towels



## Things to Avoid

- Do not bring plastic or paper cups, plates, and cutlery
- Do not use aluminium foil or plastic wrap for storing food
- Avoid ziploc bags and plastic bags. Use reusable, leak-proof containers instead
- Do not feed wildlife with your food scraps. They are often not nutritious enough for wild animals and may cause health issues and death
- Do not litter!
- Never leave garbage and unwanted items behind
- Do not wash your dishes with regular soap in a river or lake
- Never flick cigarettes

## Things to Do

- Store your food safely, so animals cannot reach it (never store your food in your tent)
- Be prepared to take your own garbage home
- Keep garbage and recycling areas in campsites tidy and never leave stuff on the ground
- Only leave materials in the recycling bin that are accepted for that bin
- Take materials like propane bottles home for safe recycling
- Be aware of fire restrictions and be prepared
- Bury your poop on trails



## What if...

- ❑ If there are no recycling stations at your campground, rinse the items thoroughly (to avoid unpleasant smells) and bring them home with you
- ❑ If the camp site you are staying at does offer you proper recycling options, reach out to them after your trip and ask them to add those missing recycling bins
- ❑ If you are travelling with others who are not following these guidelines, don't get discouraged. Continue travelling according to your Zero Waste values and set a good example
- ❑ If you need to travel light, bring as many items of the above list as you can. Reusable cups, plates, and cutlery should have priority
- ❑ If other people have left garbage behind, don't shy away from picking it up for them. Not every individual acts as responsibly as you do
- ❑ If the water is not safe to drink, try filtering it or boiling it before filling your reusable water containers