

# TOOLKIT

We all like to keep clean, however our planet could do with a little cleaning up as well. One of the ways we can help is cutting down our plastic use in the bathroom. Here's some ideas...

## Scrub-A-Dub-Dub No Plastic In My Tub

### ✔ TOOTHBRUSHES

Keeping those pearly-whites shining can be a nightmare for the plastic-avoider. Our twice daily habit (particularly if we use a disposable toothbrush) could be sending thousands of tonnes of single-use plastic to landfill each year. So try a biodegradable bamboo toothbrush. 'The Humble' brush is stocked in Waitrose, Boots and Superdrug: [thehumble.co](http://thehumble.co)



### ✔ NAKED PRODUCTS

Showering and hand-washing are things we do multiple times each day. When it comes to what gets our bodies in a lather there's tonnes of choice, however many of these products come in plastic packing. If you factor in daily use that can add up to a heck of a lot of plastic - especially if you're part of a large family.



#### Top Tip!

Steer clear of liquid shower gels, shampoos and hand wash. Instead switch to solids, replacing these products with bars of soap. And because bar soap/shampoo doesn't contain as high a proportion of water as shower gels or liquid soaps, bar soap lasts a lot longer and is more cost effective. Check out Lush's naked range: [uk.lush.com/products/packaging-free](http://uk.lush.com/products/packaging-free)



### ✔ COTTON BUD BAN

Plastic cotton buds are one of the top 10 items found on beaches by volunteers for the Marine Conservation Society. People often wrongly flush them down the toilet and they end up passing through the sewage system and into the sea. They can be deadly to the unfortunate marine life that ingest them. Plastic cotton buds will be banned from sale and use in England from April 2020 however we don't need to wait until then swap to cotton buds with 100% biodegradable card sticks - available from most supermarkets and chemists.



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### ✔ WIPES

The use of wet wipes has become popular, with a range of styles available including eye make-up removers, baby wipes and 'toilet' wipes. Wet wipes don't disintegrate like toilet paper when flushed. They typically contain plastic so, once they reach the sea, they last for a long time, causing havoc with marine life.



- ➔ If you need to use wet wipes - never flush them!
- ➔ Alternatively buy a flannel - Use, Wash, Repeat!

### ✔ NAPPIES

It takes 1 nappy 500 years decompose! So we all need to try and make the change and find ways to overcome barriers such as time! If you're a parent and can try and use a reusable nappy's even just once a week- you are a hero in our eyes. For honest advice and chats about reusable nappies check out Emma Ross's Youtube Channel: [bit.ly/30ZLa07](http://bit.ly/30ZLa07)



### ✔ PLASTIC FREE PERIODS

A menstrual riddle for you: If the average woman menstruates for forty years and uses approximately 20 tampons per cycle (240 tampons each year) how many will she use during her entire menstrual life cycle? Answer: 9,600. Every month, women flush and throw away hundreds of disposable period products and their packaging.



City to Sea have begun a new campaign to promote #PlasticFreePeriods.

Take a look: [www.citytosea.org.uk/plasticfreeperiods](http://www.citytosea.org.uk/plasticfreeperiods) and [bit.ly/2M4b9j3](http://bit.ly/2M4b9j3)

